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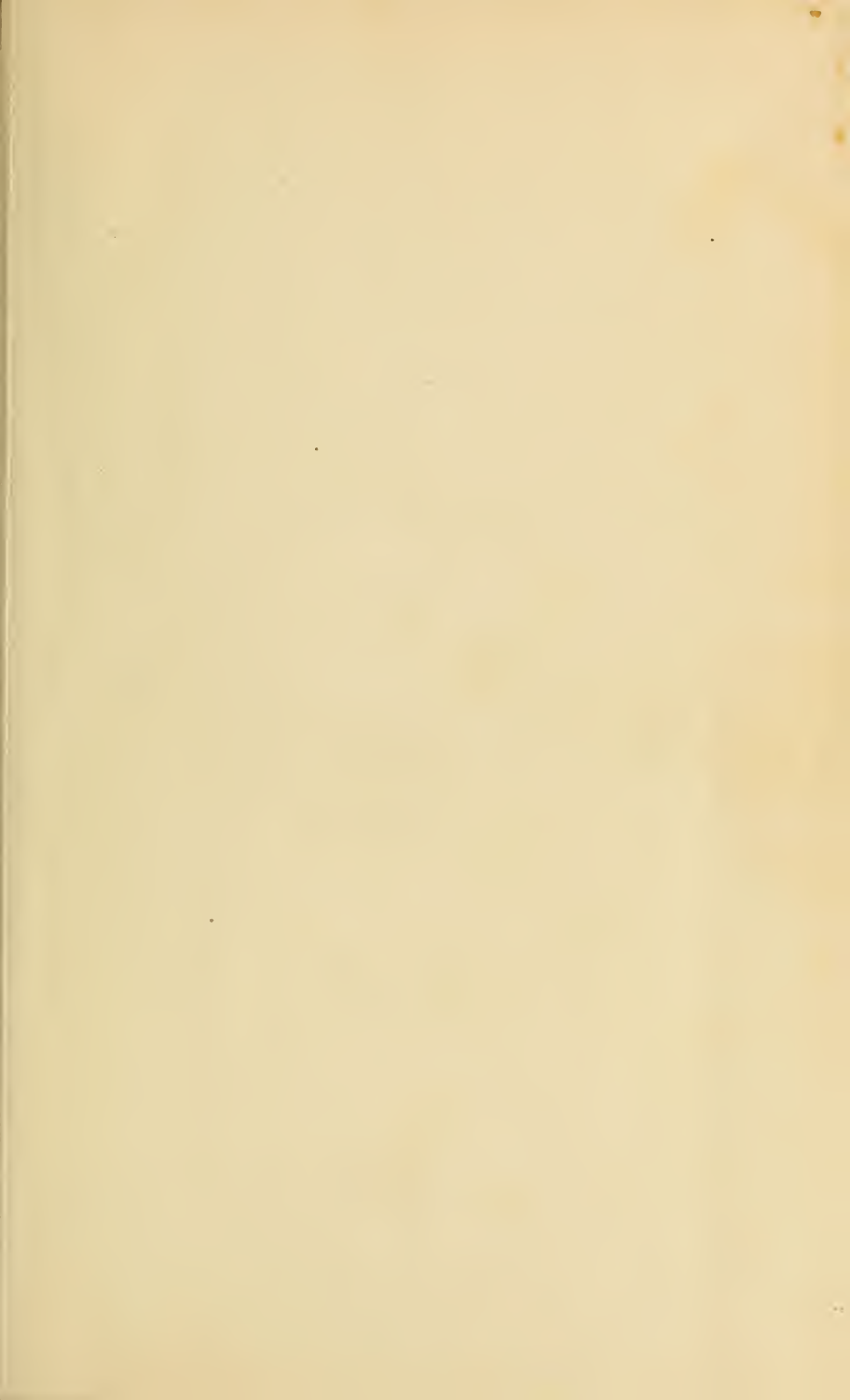
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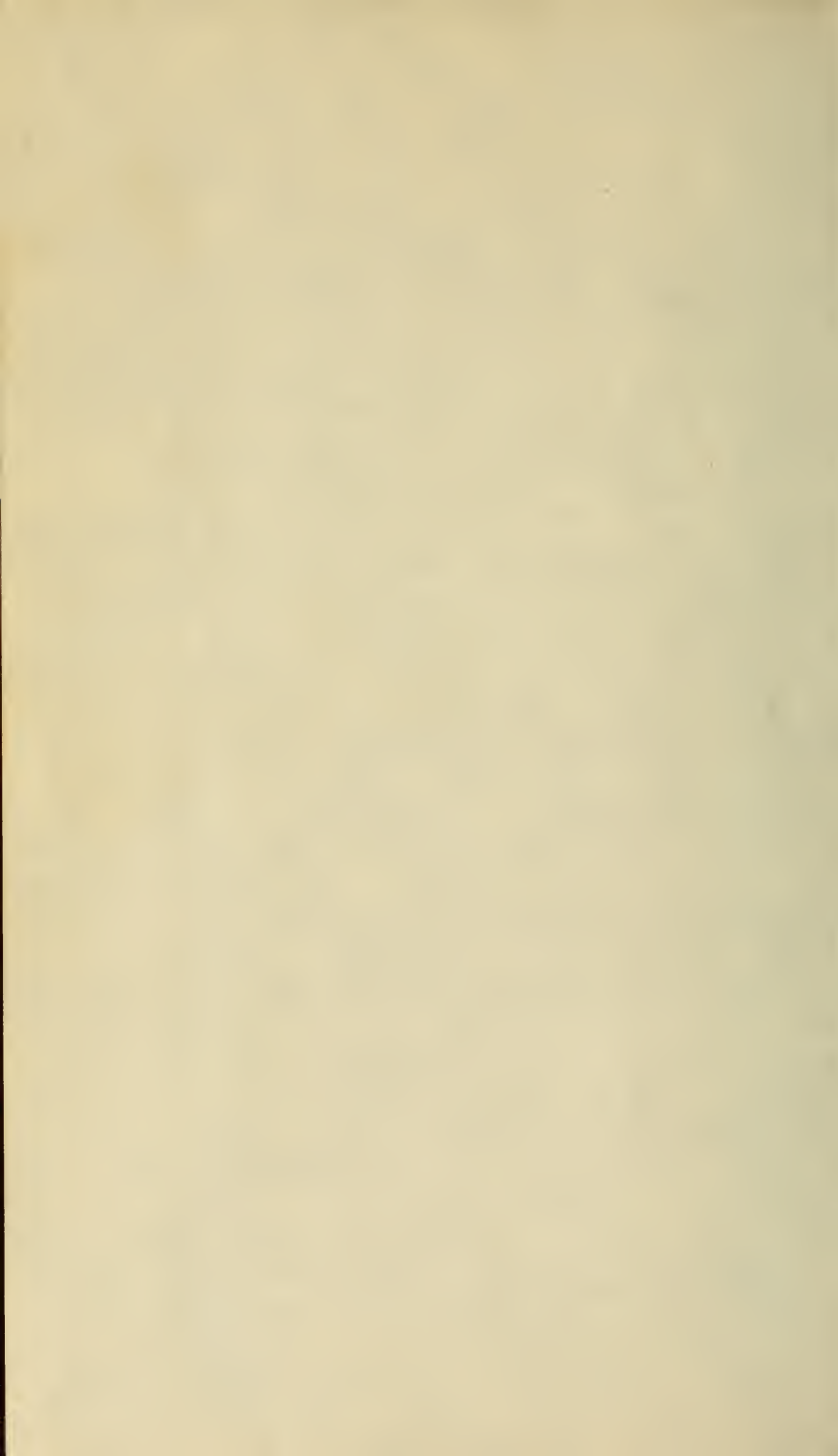
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THE EUROPEAN
COOKBOOK
FOR
AMERICAN HOMES



SPAIN

PORTUGAL

FRANCE

THE EUROPEAN COOKBOOK FOR AMERICAN HOMES

(From Italy, Spain, Portugal and France)



by
THE BROWNS
CORA, ROSE AND BOB



FARRAR & RINEHART
INCORPORATED

On Murray Hill

New York

TX
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B75

*Some of the recipes and articles contained in
this book appeared in the N. Y. Herald Tribune*



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Book One

ITALIAN

Non in solo pane vivit homo
(Man does not live by bread alone)

A DAY'S MENU

A TYPICAL DAY'S MENU

Breakfast (Caffé)

Coffee with hot milk (Caffé Latte)

Bread and butter

Honey

Luncheon (Colazione)

Anchovies and black olives

Spaghetti al Burro

Scallopini with Zucchini

Sparkling Barbera

Finocchi dipped in oil

Formaggio Gorgonzola

Frutta

Caffé Nero

Dinner (Pranzo)

Fernet Branca

Antipasto (Hors d'Oeuvres)

Minestrone soup

Fritto Misto

Bread sticks

Pollo con Funghi

Est, Est, Est!

Romaine Salad

Bisque Tortoni

Caffé Nero

Strega

Besides the characteristic dishes given in this sample day's menu there are enough Italian specialties to make sprightly every one of the thousand meals in the year: succulent sausages, salami of Verona, mortadella of Bologna (now exported in cans); ravioli in every imaginable style; chicken livers genovese; copretto (kid); the marenna, tortoise and wild boar of Tuscany; the fish grills of Genoa; Umbrian baked pudding of rice and chopped pigeon; festive fish, eels, frogs' legs, swordfish, tuna, mussels, Roman red mullet (truglia), frutti di mare, octopus; endless rice dishes (risoto); corn meal mush (polenta); eggs in unbelievable array; bistecca (beef steak); exceptional raw hams; osso buco (marrow bones); animelle (sweetbreads); artichokes and cardoons, pungent squashes; frittata; almonds and walnuts eaten green, chestnuts roasted. Ices, Neapolitan and tutti-frutti ice creams. Zabaglione. Distinctive wines and cheeses from every province: pale mahogany Marsala and heady Corvo from Sicily; Chianti, Capri; Parmesan cheese, Bel Paese, Stracchino, Bra and Southern Caccio Carvallo. A full rainbow of figs, a cornucopia of fruits. Watermelons red as lipsticks.

Italy is the bounteous mother of all continental cooking and her range of viands is greater than that of any other country. She has held her classic place at the head of the table with dignity and charm ever since Lucullan days when solons supped on nightingales' tongues and emperors rewarded chefs with whole cities for the invention of a single dish. Those were the days when the soft roe of sea lampreys brought their weight in silver and the illustrious red mullet fetched fifty dollars a pound in Rome. Roman gastronomes dubbed this fine pink-fleshed fish "woodcock of the sea" and thought nothing of paying two or three hundred dollars for a fat specimen of the rare "sea-bird." It was prepared at the table, boiled alive in a big glass bowl for the guests' delight and as its pink flesh turned white in cooking and it rolled agonized eyes up to fish heaven in a final prayer

poets were wont to immortalize it in toothsome cantos. Every part of the mullet was deemed so delectable that only its gills were removed and not eaten. Its liver and trail, indeed, were the choicest parts, reserved for emperors and served up in style, dressed with sea-urchin and chicken liver sauce. Today mullet is more often fried in batter than boiled alive on the table, but this sea woodcock has lost none of its ancient popularity. Alfredo's in Rome is the place to eat it pinkly perfect.

Turbot used to vie with mullet for the favor of gormandizing Romans, but it went rapidly out of fashion when the custom came into vogue of throwing unwanted slaves into private turbot ponds, to be eaten alive by the ravenous fish even as Christians were, in lions' dens.

The Romans used to import their greatest chefs from Sicily and the fame of Sicilian cooks rose to a rhapsodic fervor which caused Cratinus to write

*There lives, I fancy, here within this cave
Some perfume-seller, or Sicilian cook.*

Broccoli, with which we became acquainted only in this century, was popular in Caesar's Gaul. Parsley was recommended by Pliny as good for the liver. The Romans were great salad eaters, of which we have evidence today in the name Romaine given to that distinctive variety of lettuce. Great gobblers of greens they were, so the phrase "Eat your spinach!" must have been familiar in Latin long before Christ was born.

The French cuisine grew directly out of the Italian, and very late at that. Savarin himself admitted that modern French restaurant cooking got its inspiration from its Southern neighbor and that before the year eighteen hundred Paris couldn't hold a holy candle to Rome as a gastronomic solar plexus. And beef-eating London with its Turk's Head and Ye Olde Cocke taverns gave the palm as well to the original Roman ristorante.

The Italian cuisine is based on tasty pastes, chiefly macaroni, spaghetti and ravioli, pepped up with garlic, peppers, anchovies, olive oil, tomato paste, funghi (mushrooms), grated Parmesan cheese and capers. More than any other cuisine it depends on accompanying wines and fruits. And what fruits! Enormous Palermo oranges with flaming cheeks. Mandarins and blood oranges, sunkist lemons picked ripe and hence sweet enough to eat out of hand. Peaches and pomegranates beyond compare. A luscious mélange summed up in the Neapolitan tutti-frutti (all fruits), which we have taken over as the apt name for fruit-flavored chewing gum.

Fruit is the national dessert from Northern Merano where folks go to take the grape cure and linger to drink the new Fall wine, with accompanying chestnuts and dancing in the streets, all the way down to southernmost Sicily where the adage about fruit is changed to "fruit is silver in the morning, golden at noon and platinum at night." Some Italians will not go all the way with this slogan, however, for though they all gorge on fruit at noon it is commonly served as a compôte at night. Elaborate sweets are not sought in countries flowing with wine and honey, so cakes, ices and zabaglione (wine-flavored) are the standard desserts.

North, Central and South, down the long peninsula, regional menus vary considerably, of course, yet the daily diet of a Piedmontese is substantially the same as that of a Sicilian Spaghetti, macaroni, vermicelli, ribboned fettuccini (noodlelike), or some other of the score of succulent pastes, spiced with garlic and with Parmesan strewn over it, is almost sure to appear at the noon meal, in spite of Mussolini's dictate that too much starch must not be consumed, for fear of ruining the race through indigestion. The rule is spaghetti at noon, soup at night, and since spaghetti is considered the equivalent of soup, both paste and potage are never partaken of at the same meal.

Whatever the meat course, there is almost sure to be a touch of giblets with it, or in the sauce. There will be crusty bread in great variety, hearty red wine and a fine chunk of cheese wherever you lunch; and these three alone, with fruit of course, and more than a suspicion of garlic rubbed on the wholesome bread or slivered into the salad, make a meal fit for modern centurions.

Plenty of vitamins in this menu, provided by raw vegetables and fruits. Sliced tomatoes and peppers take the place of our cooked potatoes and corn. Salad is served as a matter of course, dressed with red wine vinegar, juice of ripe lemons and the tastiest of pale green olive oil—that from Lucca being the world's finest. The salad is snappy, sharper than the French, and so are all Italian condiments, excepting only the exciting French vinegar flavored with tarragon. Italian mustard is spicier and hotter than any other and also darker in color. Even the Parmesan cheese that is sprinkled over everything is highly pungent, livelier in taste than any other powdered cheese. Mushrooms, too, (both *funghi* and *cepes*) have a stronger tang than the standard French *champignon*. Pickled *cepes*, though they belong to the mushroom family, are as popular as the giblets of all animals and provide a similar exotic touch to many dishes—they might indeed be called vegetable chicken livers, being as fat and meaty. They are golden yellow burnished with red, but often too rich, a bit too coarse and slippery for our palate.

Besides liking his food *au naturel* the Italian eats out-of-doors when the weather permits. This *gusto* for dining *al fresco* is carried even into the heart of cities where robust, deep-breathing people sit at table in sidewalk restaurants and glass-covered galleries bustling with shoppers. Or in city gardens—we remember one in Rome, with tables all around a gold fish pond, adorned with a marble bust of that great feaster Aesopagus.

Cooking is done primitively still, especially in the Italian countryside, over charcoal braziers, on spits and in clay-covered bee-hive ovens, but it is all the more perfect for that. A country kitchen, or even a city one, is not as clean as a German cook's, but that is because it usually serves as pantry and dining room too. This room where the cooking is done is the true heart of the home, one wall ablaze with a battery of tin-lined pots to prove the family's generosity of appetite; pots, pans and gravy-catchers, all hanging copper side out to reflect the fire and sun in golden glints. These utensils are dangerous as soon as they wear through to the copper and must then be sent to be retinned. Bunches of herbs are thrust handy in smoke blackened rafters, there are dangling braids of garlic and onions, strings of pepper and dried mushrooms, with winking demijohns of wine both red and white brightening dark corners. A grayish block of expensive vintage Parmesan cheese stands beside its grater, beneath which is the wooden bowl that is filled with fresh, savory powdered Parmesan before each repast. The bowl has a wooden spoon to match.

Breakfast is scarcely considered a meal, since it follows the slim fashion known everywhere as Continental—although really it is Latin, for neighboring continentals, the Dutch, for example, eat enormous meat breakfasts. Throughout Italy the fast is broken on rising with blackish coffee mixed with hot milk, often rich, creamy goats' milk, and a slice of bread, although butter and a small saucer of celestial honey are added if the breakfaster isn't too spartan or too poor. In some hardy peasant sections even coffee is too great a luxury, so the farmer roasts several whole heads of garlic and eats it with his bread. But be it noted that the roasting of garlic takes the sting out of it, makes it taste syrupy sweet, a miracle with which we are familiar in roast onions.

Luncheon starts with antipasto (appetizers) including salami

and a curl of well-aged ham, anchovies always, sometimes wrapped around capers; tuna, pickled mushrooms, artichoke hearts, olives both black and green, cold veal, fish mayonnaise, radishes, fennel, peppers green and red; and whatever this hors d'oeuvre consists of, each tidbit is served in a small separate dish and drenched with the delicate emerald green olive oil of Lucca. Even raw vegetables, such as celery and fennel, are dipped in oil, salt and pepper, to greatly improve their relish. Dry white wine is drunk with the antipasto, the favorite types being Cortese and Capri. Antipasto opens the appetite for the paste which often is filled with meat, as ravioli and timbales, and is quite certain to be seasoned with garlic and flavored with tomato. The Italian tomato, pomodoro, is the size of a pigeon egg, meatier than our love apple, stronger and sharper in essence. It is pounded to a pulp and sold in immense cans, always shiny and red.

Baked pastes, usually macaroni or thick noodles, are also flavored chiefly with tomato, but boiled pastes, generally spaghetti, thin tagliarini (noodles), or vermicelli the size of string, sometimes appear alla burro, dressed with sweet butter alone, the butter melting quickly into the steaming dish. Spaghetti is ordered alla dente by the knowing, and that means it must be cooked a minute or two less than usual, so the teeth themselves may test its virtue and grind out the full wheat flavor. Spaghetti, of course, must be boiled to order and served on the instant, for it gets soggy and flavorless if it isn't eaten piping hot the second it is done and the sauce mixed with it, by lifting the mass several times with a fork and a spoon to let the excess steam escape and thoroughly impregnate the paste with its luscious gravy. Spaghetti cooked by an Italian expert is as light and fluffy as pancakes, it is dry and of good body, even its steam when sucked into the mouth has a hearty savor of the real thing and reminds one of the appetizing exhalation of hot homemade biscuits.

The bull-fighting Spaniards like their beef when it has reached maturity, but the Italian takes his in the shape of veal, as young as he can get it. He eats tender kid, too, before it has become strong goat; and this seems reasonable, for while veal is tough and hard to digest, cavorting kid is as juicily gelatinous as suckling pig. But the Italian chef overcomes the difficulty with veal by flaying it for five or ten minutes before he dips it in eggy bread-crumbs and tosses it in the frying pan. At noon Naples resounds with the pounding of veal cutlets (scallopini)—the town seems to be peopled with trick drummers, practicing intricate beats and trying out their traps.

Slices of lemon garnish scallopini and add zest to all fish dishes besides. Lemons and oranges, in fact, helped Italy get her cooking head start of France. Bananas, figs, pears, grapes, melons, peaches, pomegranates did their share, too, for Italy's cornucopia is not only full to the brim with Southern delicacies and luxuries of food but overflows with wines besides: Muscatel, Malvasia, Marsala, Falerno, Grignolino, Salerno, Frascati, Orvieto, Asti Spumante and Sparkling Barberas and Nebiolos, an endless variety of them from top to toe of the Italian boot.

To finish off the luncheon we have Gorgonzola cheese (formaggio Gorgonzola) richer than Roquefort. A ripe banana goes well with Gorgonzola; because of the resemblance in fruity flavor each supplements the other. *Caffé nero*, bitter black coffee, is prepared in a unique style known as *espresso*, in city restaurants or cafés. A demitasse is filled from a big nickel-plated steam engine that expresses the essence of a heaping tablespoonful of powdered coffee into each tiny cup. This finishes off the luncheon (colazione) and usually is accompanied by a cigarette or cigar. But tobacco is a government monopoly here, as in most Latin countries, so the cigarettes are worse than English "gaspers," almost as bad as French *Bleus*. Cigars are no better; the national Toscani is brittle and badly made, its draught is

furnished by a straw thrust down the center and the puffs are very stingy and eye-reddening. Though matches are no part of the meal, and shouldn't even be used for toothpicks, a final smoke is the last course for many, so it might as well be recorded that Italy, like Spain and the Argentine, is addicted to short wax vestas which sputter and stench and burn the fingers with molten wax, unless you are very adroit in handling these miniature Vesuviuses.

No dinner in the world can improve on the pranzo; it is a classic of meals, perfectly balanced and taste teasing, straight from the elegant antipasto (appetizers) through the minestrone (soup-of-soups) and the mixed fry (*fritto misto*), with its piquance of individual portions of cheese, kidney, brains, liver, scallops of meat and giblets, a spray of broccoli—all coated with rich egg batter and fried golden.

Italy just escapes being a chicken-and-egg country, such as Spain and Cuba, for a pollo pranzo (chicken dinner) is relished as much as it is anywhere on earth, and the mushrooms served with the fowl make it all the more delicious. Then the sharp Southern salad of admirable greens and finally a matchless bisque tortoni, for at making frozen desserts the country has had several thousand years' experience. The Roman emperors were great consumers of ices and used to send their slaves up the Apennines for snow to cool their fruit juices on hot summer days. The iced granate or granite sipped by the Caesars is even more popular today. It is the primitive cooler named after the pomegranate from which it was first compounded, a tall tumbler of shaved ice or snow covered with the ruby red juice of the fruit. A splendid modern variant is granite con panna, iced coffee and thick cream; but all flavors and fruit juices are used. The granite is, in fact, the original ice cream soda—so we, as well as the French, have much to thank Mother Italy for.

The sweet orange liqueur of Strega is drunk with the coffee,

or in its place a thimble of the cherry elixir Maraschino from Dalmatia, now within Italy's borders. These liqueurs top off the meal—and you have dined well in Milan, Venice, Rome or Messina. Never forgetting the wine, which stands in the center of the table throughout the splendid repast; a half gallon flagon, or better, encased in gaily colored straw, conveniently held in a swivel-bottomed silver container which swings the bottle to the glass of each guest and facilitates the pouring.

The true Italian flavor can be achieved only by the use of Italian products, either imported or furnished by Italian-American firms which supply the Italian grocers who set up shop in nearly all American towns.

The most important ingredients are:

Olive oil.

Garlic. A little is always enjoyed, even by the most prejudiced, if its presence is not suspected.

Parmesan cheese. The grated Parmesan, which comes in packages, will have lost much of its flavor. Any Italian grocer will grate it on request, and be pleased that his particular importation, or American imitation, is appreciated.

Tomato paste. This concentrated essence saves the time and trouble of reducing tomato juice or canned tomatoes, and gives the genuine Italian tang, besides being economical. It can be bought by weight out of big containers, always open and at hand in Italian groceries.

Salted anchovies. These can also be bought by weight out of big tins. They cost a fraction of the price and are better for cooking than the kind that come in bottles, preserved in oil. They must lie in cold water 1-2 hours, to extract the salt, before being skinned and boned.

Dried mushrooms. A few ounces kept in an open jar, over which a cloth may be tied, are convenient for those recipes which call for a little mushroom flavoring. Soaked for several hours and then minced and added, with their liquor, to sauces or soups, they have a higher flavoring value than fresh mushrooms. A little goes a long way, and thus they are more economical than the fresh ones.

For the antipasto plate, there are tuna fish, pickled peppers, canned cepes, and Italian sausages.

Herbs, especially basil, for flavoring; red wine vinegar for salads; pine nuts for special dishes; the best of salt codfish; spaghetti and other pastes, properly made from hard wheat; Gorgonzola and other imported cheeses; and hearty hearth bread, which should go with every Italian menu.

APPETIZERS

(*Antipasto*)

PISSALADEIRA

8 salt anchovies	Onion rings
½ standard recipe bread dough	Thin slices cheese
Olive oil	Thin slices tomato
1 dozen stoned olives	Salt and pepper

Soak anchovies in cold water two hours; clean and take off the fillets. Pat out bread dough 1 inch thick, to fit a round pan about one foot in diameter. Oil the pan with olive oil, lay in the dough and let it rise. Decorate the top with onion rings, tomato slices, and cheese slices; arrange the anchovy fillets and olives attractively in the open spaces between the slices, and lay some within the onion rings and on top of the tomato slices. Season with salt and pepper, and sprinkle generously with olive oil. Bake in a hot oven (400° F.) 20 minutes.

This is a Neapolitan specialty, but is also found all along the Riviera, where it is made and consumed by the fishermen. From the spelling of the name it evidently originated with the Portuguese who once fished the Mediterranean. The pain baig-nade, open-faced sandwich, made of half a split hearth loaf, covered with tomato, onion slices, olives, and anchovies and sprinkled with anchovy oil, is a quick version of the pissaladeira. This sandwich is familiar to tourists, for it is served to bathers on the beaches of the Italian and French Riviervas.

ANCHOVY CANAPES

Salted anchovies	Rounds of hearth bread
Butter	Green olives, chopped
Grated Parmesan	

Soak anchovies 2 hours in cold water; rub off skin and strip fillets from the bones. Mash several anchovies to a paste; mix with melted butter, strain. Heat, and quickly fry bread brown on both sides. Cover fried bread with anchovy fillets, sprinkle with the chopped olives, and then with Parmesan. Place for a moment under grill for cheese to color, and serve hot.

ANCHOVY SALAD

THE SALAD

1 pound salted anchovies	1 pickled beet, diced
1 onion, chopped fine	1 tablespoon capers
½ green pepper, chopped fine	2 hard-boiled eggs, chopped

THE DRESSING

1 cup Italian olive oil	¼ teaspoon sugar
⅓ cup red wine vinegar	Pepper, freshly ground

THE GARNISH

3 hard-boiled eggs, quartered	1 tablespoon capers
Lettuce leaves	1 green pepper, chopped fine
Water cress	1 onion, chopped fine
2 pickled beets, diced	

Soak the salted anchovies over night, rub off skin, remove bones by stripping each anchovy carefully down the center. Dry them and place in salad bowl. Add all other salad ingredients.

Thoroughly beat together the olive oil, vinegar, sugar and pepper to taste. Pour the dressing over the anchovies and let stand 30 minutes, turning and making sure that each anchovy absorbs all the dressing it can hold.

Then lay out the anchovies on a platter in criss-cross design, and pour the remaining dressing over them. Add a little clear green olive oil and garnish with eggs, lettuce and water cress, piling up beets, capers and pepper in contrasting colors.

Serve with crusty Italian bread.

Anchovies bottled in oil may be substituted, California pilchards or any sardines, but the salad will not be as tasty as it is when made of the salted anchovies shipped from Italy in huge tins and sold cheaply in every Italian quarter.

DRESSING FOR FISH AND SEA FOOD SALADS

1 slice stale bread	Yolks of 2 hard-boiled eggs
1 garlic clove, crushed	12 ripe olives, pitted
Vinegar	1 teaspoon minced parsley
2 dozen pinenuts	1 cup olive oil
2 tablespoons capers	Salt
4 anchovy fillets	Pepper

Cut crusts from bread, rub it with garlic and sprinkle with sufficient vinegar to moisten. Put through a food chopper, using finest knife, with pinenuts, capers, anchovy fillets, egg yolks, olives and parsley. Work to a paste with a wooden spoon, then pass through a coarse sieve. Stir in olive oil until all used. Season to taste with salt and pepper and more vinegar if desired. Beat until thoroughly mixed. This dressing is suitable for a salad of this type.

Equal amounts of flaked cooked fish and finely-cut cooked vegetables moistened with French dressing, perhaps with the addition of anchovies and cooked shrimp. Garnish elaborately with cooked vegetables, green salad, tomatoes and hard-boiled eggs.

CROSTINI OF CHICKEN LIVERS

(Crostini di Fegatini de Pollo)

12 chicken livers	Salt and pepper
2 tablespoons fat ham, minced	Olive oil
1 scallion, minced	2-3 mushrooms
½ teaspoon minced parsley	Meat broth, heated
½ small carrot, minced	1 teaspoon bread crumbs
½ celery stalk, minced	1 teaspoon lemon juice
Sippets of dry bread	

Carefully remove galls from livers. Make a bed of ham and vegetables in sauce pan. Season; sprinkle with oil and simmer. Lay livers and mushrooms on top and simmer 5 minutes. Take up mushrooms and livers, mince, and return to pan. Moisten with broth and simmer 2 minutes, stirring once or twice. Add crumbs, and lemon juice, and mix well, adding a little more broth if necessary. Serve on just enough bread sippets to absorb the sauce.

The French canapé sometimes makes its appearance in Italian hotels under the name of Crostini. But the true Crostini is an open hot sandwich of more substantial form. It takes the place of the antipasto, or hors d'oeuvres, is included in the division of the dinner termed Principii, and is served after the soup.

PICKLED MUSHROOMS

1 pint small button mushrooms	1 blade mace, broken
1 teaspoon salt	1 garlic clove, quartered
1 teaspoon peppercorns	Vinegar

Rub mushrooms clean with a cloth wet in vinegar, and cut off stems. Pack in a glass jar, scattering in salt, peppercorns, mace and garlic. Cover with vinegar, close jar and set away for 2 days. Serve with Italian antipasto.

SOUPS, PASTE, RICE AND POLENTA

(*Zuppa, Pasta, Riso, e Polenta*)

MINESTRONE SOUP

¼ pound bacon, chopped	1 celery stalk, sliced
¼ pound ham, chopped or a ham bone	¾ cup rice
1½ quarts meat broth	Salt and pepper
1 large onion, chopped	¼ head cabbage, chopped
1 large tomato, chopped	1 cup green vegetables, mixed (peas, lima beans, green beans, asparagus tips, etc.)
½ cup navy beans, soaked	

Grated Parmesan cheese

Fry bacon, ham and onion together, slowly, until lightly browned. Add all other ingredients except cabbage, green vegetables and Parmesan cheese. Simmer and skim until beans are tender. Add cabbage and vegetables. Simmer until cooked, and the minestrone is thick. The addition of a skinned and chopped Italian sausage is an improvement. Serve with a teaspoon of Parmesan cheese in each soup plate.

This cross between a stew and a soup is native to Milan, but is encountered all over Italy, with many variations depending on the products of the district and the resources of the larder.

PUMPKIN SOUP

(*Zuppa di Zucca*)

1 cup water	2 tablespoons butter
3 cups pumpkin, diced	3 cups milk
1 tablespoon granulated sugar	Salt

Croutons

Add water to pumpkin, sugar, and butter, and cook slowly until very tender, adding a little more water if necessary. Press through a sieve. Heat milk to boiling: add pumpkin, season with a very little salt; heat, and serve with croutons. Can be instantly prepared with canned pumpkin.

This is a fast-day soup of Northern Italy, served by the peasants as a course of the light evening meal.

FROG SOUP

(*Zuppa di Ranocchi*)

1 dozen frogs	1 sprig basil
3 tablespoons olive oil	1 sprig celery
1 garlic clove, minced	1 tomato, chopped
1 small onion, minced	2 mushrooms, chopped
1 small carrot, minced	Salt and pepper
1 sprig parsley	2 tablespoons sifted bread crumbs

Fingers of toast

Separate the frogs' hind legs. Cut up all other edible portions, including the livers. Heat oil; add garlic, onion, carrot, and herbs. Fry slowly until slightly colored. Add tomato and mushrooms. Add cut-up portions of frogs and 3 pints cold water. Bring slowly to a boil, and simmer until meat is falling from bones. Strain. Season with salt and pepper. Add hind legs, simmer until tender; add crumbs; serve with fingers of toast.

ANALONI, PARMA STYLE

(*Anolini alla Parmigiana*)

½ onion, chopped	½ cup sifted crumbs, toasted
2 tablespoons butter	½ cup Parmesan cheese, grated
8 peppercorns	1 grating nutmeg
1 herb bouquet	1 egg white, well beaten
2 pounds soup meat	1 standard recipe noodle dough
½ pound salt pork, chopped	1 cup rose wine (or light red)
2 quarts cold water	1 teaspoon salt

Slowly fry onion in butter until golden brown. Add peppercorns, herb bouquet, soup meat and salt pork. Cover with the cold water and bring slowly to a boil. Add salt, skim and simmer 5 hours.

Make a filling of the crumbs, Parmesan cheese, nutmeg and egg white.

Roll noodle dough very thin, cut out 2-inch scalloped circles. Put spoonful of the filling in center of each circle and fold over, sealing * edges together securely.

Strain broth, bring to a fast boil, add wine and cook stuffed paste in this for 5 to 7 minutes.

This broth serves for any soup in which pastes are to be cooked. If the meat has been larded with the pork, it may be browned with the onions and served with a sauce the next day, as is done in Italy.

LITTLE COCKED HATS

(Cappelletti alla Romagna)

¼ pound chicken or veal,	1 dash allspice
cooked	1 grating nutmeg
2 tablespoons butter	1 egg, well beaten
¼ pound raviggiolo or cream	1 egg yolk, well beaten
or cottage cheese	1 standard recipe noodle dough
3 tablespoons Parmesan cheese,	2 quarts chicken broth
grated	

Slightly brown the meat in the butter, and grind. Mix with both cheeses, the spices, egg and egg yolk and work all together thoroughly. Roll out noodle dough to about ⅛ inch in thickness. Cut in 2½ inch rounds. Place a small amount of the filling in the center of each and fold, sealing edges securely. Cook from 5 to 7 minutes in the chicken broth which has been heated to boiling and serve hot with the broth in soup plates.

This is a special Christmas and holiday dish.

* Press edges together, moistening with a little water if necessary.

TORTELLINI, BOLOGNA STYLE

(Tortellini alla Bolognese)

2 ounces bacon	2 eggs
1½ ounces mortadello	Dash of nutmeg
(Bologna sausage)	Ravioli paste (see recipe)
4 ounces beef marrow	2 quarts clear soup

Finely grind bacon and mortadello together; work marrow to a cream; mix together and work to a paste. Add egg and nutmeg, (use no other seasonings) and mix well. Roll paste thin; cut in 1½-inch circles. Spread some of paste on one disk and cover with another, pressing edges together with fingers until all are used. (Edges of disks may be slightly dampened with water.) Let stand at least 15 minutes. Drop into boiling, rich, well-flavored clear soup; cook 8 minutes. Serve at once.

The filling of Bologna is rich and nourishing; so Professor Artusi attributes to its goodness, and to the influence of the healthful climate, the fact that so many of the inhabitants of the Bologna district live to see eighty and even ninety years. The excellent mortadella, or Bologna sausage, is often credited to the Germans, who prepare it nicely. But the true Bologna is made in the Italian city which gives it its name. It is exported to America in tins, already sliced and ready for the antipasto platter.

PLAIN SPAGHETTI

4 quarts rapidly boiling water	2 tablespoons salt
1 pound spaghetti	

Hold the ends of a handful of spaghetti in the salted water and as it softens let the entire lengths slide in. Repeat until all is in the pot. While doing this the water must continue its rapid boiling. The time of cooking depends on the quality of the flour from which it is made, also the thickness of the spaghetti,

and personal taste. The poorer the spaghetti, the more quickly it cooks. The test of pinching a strand with the fingers should be applied; if it feels firm but still pinches in two easily, it is done *alla denti*. If it is soft and separates almost without pressure, it is ready as many Americans like it. The time will vary from 12 to 18 minutes. Drain in a colander, and dash through it a cup or more of cold water to firm it. Serve in any of the following manners:

SPAGHETTI WITH BUTTER

(Spaghetti al Burro)

Turn the cooked spaghetti into a hot dish. Put into it $\frac{1}{4}$ cup of sweet butter, sprinkle over it $\frac{1}{4}$ cup grated Parmesan cheese and lift and move it about with fork and spoon until thoroughly melted and mixed.

SPAGHETTI WITH ANCHOVIES—I

Soak 8 salted anchovies for 2 hours in plenty of water; remove the skin, tails and bones, and shred the meat. Mix with Spaghetti al Burro.

SPAGHETTI NEAPOLITAN STYLE

(Spaghetti alla Napoli)

1 onion, chopped	1 cup meat broth
2 garlic cloves, minced	1 cup tomato juice or
2 tablespoons olive oil	$\frac{1}{2}$ cup tomato paste and
3 tablespoons minced ham	$\frac{1}{2}$ cup water
2 slices highly spiced sausage, chopped	Salt and pepper
6 mushrooms, chopped	Cooked spaghetti (see recipe)
	Grated Parmesan cheese

Fry onion and garlic in oil until golden. Add ham, sausage and mushrooms and continue frying. Add broth and tomato juice and season with salt and pepper. Cover closely and sim-

mer until all ingredients are blended. Pile cooked spaghetti on a hot platter, pour sauce in the middle and sprinkle generously with Parmesan cheese.

SPAGHETTI WITH TOMATO SAUCE

1 onion, chopped	1 cup meat broth
1 garlic clove, chopped	$\frac{1}{2}$ teaspoon minced parsley
1 tablespoon olive oil	Salt and pepper
1 cup tomato juice	Cooked spaghetti (see recipe)
Grated Parmesan cheese	

Fry onion and garlic in olive oil until golden. Add tomato juice, meat broth and parsley and season with salt and pepper. Mix with cooked spaghetti and sprinkle liberally with grated Parmesan cheese.

SPAGHETTI WITH ANCHOVIES—II

(Spaghetti con Acciughe)

Soak and fillet $\frac{1}{2}$ dozen salt anchovies. Shred them and heat in $\frac{1}{4}$ cup olive oil. Add $\frac{1}{4}$ cup tomato purée and 2 tablespoons butter. Heat and pour over freshly cooked spaghetti.

SPAGHETTI WITH LIVER

$\frac{1}{2}$ inch slice beef or pork liver	2 cups hot water
1 onion, chopped	Salt and pepper
1 tablespoon butter	1 teaspoon minced parsley
$\frac{1}{2}$ cup tomato pulp	Cooked spaghetti (see recipe)
Grated Parmesan cheese	

Remove skin and veins from liver and cut in dice. Slowly fry onion in butter until it begins to brown. Add liver and cook 5 minutes. Add tomato pulp, hot water, seasonings and parsley, and simmer 20 minutes. Have spaghetti drained and very hot. Add liver and its sauce, mix and sprinkle with Parmesan cheese.

SPAGHETTI ST. REMO

3 tablespoons fat	$\frac{1}{2}$ cup water
1 onion, chopped	$\frac{1}{2}$ teaspoon salt
1 clove garlic, minced	Few grains pepper
$\frac{1}{4}$ pound mushrooms	Few drops Worcestershire sauce
$1\frac{1}{2}$ cups tomato soup	Cooked spaghetti (see recipe)
Grated Parmesan cheese	

Melt fat, add onion, garlic and mushrooms, peeled and thinly sliced. Cook until brown, about 10 minutes. Add soup, water, salt, pepper and Worcestershire. Simmer 5 minutes. Drain spaghetti well and arrange piping hot on serving dish, pour sauce over it and sprinkle generously with grated Parmesan cheese.

SPAGHETTI FLORENTINE

Mix cooked chopped chicken livers and minced green peppers with cooked hot spaghetti and serve with plenty of tomato sauce and grated Parmesan cheese. Other meats, as well as chopped cooked mushrooms, may be substituted for the chicken livers.

Spaghetti table manners are no better than corn-on-the-cob tactics, or maneuvers with a juicy mango, which really should be eaten in the bath tub. Emily Post would be horrified to see how spaghetti is gargled, guzzled and goozled according to the etiquette of each Italian province. The trick is indeed, to keep stray ravellings of it from slipping down the corsage or into the shoe. Some wrap it around a dessert spoon or whirl it fast around a fork, pop it into the mouth and bite it off. Others make a game of it, like diablo, or they catch the end of one starchy string and englut it endlessly, like a cat playing with a spool of thread. Only Anglo-Saxons either break it to awkward bits or chop it off in short mouthfuls with knife and fork.

Caruso was one of the neatest spaghetti eaters we ever saw, and today a brand of his favorite paste is named in his honor. Members of Italian opera companies are always half-starved during the performance, since it is necessary to sing on an empty stomach. But they make up for this after the show by holding back-stage banquets, and spaghetti is often the *pièce de résistance*. We saw Caruso at one of these feasts in Chicago, in the early years of this century. He just dipped informally into the main dish, snagged out a hank of spaghetti highly colored with tomato gravy, lifted it dripping the whole arm's length above his head and let it glide luxuriously down his musical throat.

MACARONI, VERMICELLI, TAGLIARINI, AND OTHER PASTES

The cooking time varies from 5 minutes for the hair-like vermicelli, to a half hour for the thickest of the macaronis. They can be served like spaghetti; can be added to soups; or special dishes can be made with them from the following suggestions:

BAKED MACARONI

In a buttered baking dish alternate layers of cooked macaroni with layers of minced meat in plenty of gravy; fowl, veal, beef, or ham, all well seasoned; or chopped stewed mushrooms in a tasty sauce of their own liquor, thickened slightly.

Cauliflower flowerettes in plenty of thin cream sauce made yellow with butter and flavored with grated Parmesan cheese can be used instead of the meat ragouts; creamed onions can be used in the same way; always remembering that macaroni will absorb a great deal of liquid, and the finished dish must be moist.

Or, seasoned tomatoes in thin slices may be laid between the layers of macaroni, when the dish must be filled with tomato sauce.

Or, simply, slices of yellow cheese may alternate with the macaroni layers, when the dish is filled with milk.

Always finish with a generous sprinkling of Parmesan cheese, a sprinkling of bread crumbs, and dots of butter. Bake until nicely brown.

VERMICELLI

Vermicelli combines happily with fish. Serve cooked vermicelli like spaghetti with anchovies (see recipe).

Or, combine minced fish and minced olives with tomato sauce, and prepare and cook like baked macaroni. Tinned tunny, or poached and boned smelts are often used in this way in Italy.

TAGLIARINI

These Italian noodles are best prepared like spaghetti al burro (see recipe).

In England spaghetti and macaroni usually appear on the menu as vegetables, and for a while this gave rise to odd conceptions on the part of tourists unfamiliar with Italy's pastes. Some visioned waving fields of spaghetti standing ripe and ready for the harvester's scythe, others thought the hollow macaroni was some kind of thick-stemmed water reed, but thanks to Italian immigration these specialties are now as familiar as German noodles. So nowadays no one is likely to fall into the error of ordering a plate of new-mown spaghetti.

As a matter of fact, the making of macaroni was a secret held within Italy until the fourteenth century, when it was introduced into France. The history of the discovery of macaroni is preserved in Naples; where early in the thirteenth century one Chicho was suddenly impoverished by a turn of fortune and decided that he would spend the rest of his life doing good for others.

His first plan was to invent some tasty and economical food for everybody. He invested what little was left of his money

in materials and equipment and set to work in a humble attic on a small Neapolitan byway called Cortillari. There he labored night and day over his experiments. In a tall building across the court-like street a shrewd woman called Javanella could overlook his attic. She saw Chicho hard at work by candle light mixing his wheat flour and pressing it through the crude apparatus he had invented, watched him cook the long threads which came out of the machine, observed the ingredients which he stewed together to make the sauce, saw him eat it and knew that what he had made must taste very good, so she busied herself in imitating the new dish.

Other neighbors suspected that mysterious things were going on in Chicho's room, lighted even after midnight, so it was easy for Javanella to spread the rumor that he was a sorcerer, and so discredit him until she had stolen the secret of making his dish. Javanella's husband was a kitchen man at the palace of King Frederick, so the good wife cooked a sample for him and confided that the recipe had been revealed to her by an angel in a dream. Since her husband highly approved of the unique and satisfying dish she begged him to ask the king's chef to allow her to make it for the king.

The chef arranged to have macaroni served at the king's table and he, himself, became as puffed up as the cooked paste through knowing a mortal who consorted with angels and had thus come into possession of a miraculous recipe.

King Frederick ate his fill of Javanella's angel food and pronounced it divine. He showed his appreciation by giving her a hundred pieces of gold, which was a fortune in those days. From then on, macaroni appeared often at the king's table and Javanella's fame spread through Naples. Princes and aristocrats came to buy her recipe and serve the luscious paste at their banquets of state.

Meanwhile honest Chicho finished his experiments, left his

house for the first time in many weeks and fared forth with the intention of divulging his secret to a certain prince who might become his patron. He sniffed the air!—surely, that was his own sauce cooking somewhere. He followed his nose until he came upon a cook in the very act of pouring the rich sauce over a pot of steaming paste. She told him she had bought the recipe from Javanella, who had got it from an angel; that all the rich people in Naples were reveling in it and the king himself had made Javanella a rich woman.

Chicho crept back to his attic and could be heard smashing up his mixing machines and experimental kitchen. He was never seen again, but his ghost still haunts the Cortillari. On Hallowe'en he can be heard rolling and rolling his paste while Javanella stirs and stirs the sauce and the devil pokes the fire and grates the cheese.

So jealous of their secret recipe were the Neapolitans that it was many years before it spread to the other principalities of Italy, and a whole century passed before a Frenchman got hold of it and took it for the first time beyond the borders of Italy.

Naples was the center of macaroni manufacture for so many centuries that the Pompeian Road leading into it was broken to bits by the continuous procession of wagons and trucks hauling in hard wheat and flour to make the staff of life of Southern Italy. Then the town of Gragnano, near Sorrento, set up rival mills and began to supply the whole world with Chicho's flour paste. It had to be made of very hard (*durum*) wheat, such as is grown in Russia, Algeria, Argentina and America, so gradually Italian pastes became known in these countries and little factories were set up to make them locally.

Macaroni is made of moist hard wheat ground to a coarse meal, the free flour is then sifted out and the meal kneaded with hot water into a stiff dough which is squirted under pressure into the machine that forms it. The best quality comes in long

pieces that are hung up to dry without breaking, but the poorer grades do not hold together so well, hence they are sold in short, uneven lengths. Good paste is rough in texture, yellowish white and as brittle as glass. It must be elastic and never sticky. Since it absorbs three times its weight in water it swells to double its size when boiled.

RAVIOLI

PASTE

1½ cups flour	⅛ teaspoon salt
1 egg, slightly beaten	1 tablespoon cold water

Pour flour in a heap on a board, making a depression in the center; drop in the egg, salt and water. With a fork mix a stiff paste and knead. Flour board very lightly and roll out very thin. Cut in two exactly in the center. Let lie five minutes after making sure that the paste is not sticking to the board. 1¼ inches apart drop half-teaspoons of one of the following mixtures, on one half the paste. Lift the other half of the sheet of paste and lay on top. With the finger press the two layers together along their lines of contact. And then, with a rotary cutter, cut the raviolis in inch-and-a-quarter squares, leaving the filling in the center of each square. Again press down the edges with the finger to make sure the stuffing does not fall out in cooking. Let stand 15 minutes or more. Drop into a large kettle of rapidly boiling water, and boil 10-12 minutes. Lift out with a skimmer, draining well. Serve with tomato sauce and grated Parmesan cheese.

MEAT FILLING

1 cup (cooked) chicken, turkey, or veal	1 egg, beaten
	¼ teaspoon lemon peel, grated
1 tablespoon grated Parmesan cheese	1 tablespoon butter
	½ teaspoon minced parsley
Salt and pepper to taste	

Grind meat very fine. Thoroughly mix with other ingredients. If any of the filling is left after making the ravioli, add it to the tomato sauce.

GREEN FILLING

1 cup cooked spinach, minced	1 egg, beaten
$\frac{1}{2}$ cup cottage cheese	Salt
1 tablespoon grated Parmesan cheese	Pepper
	1 tablespoon sifted crumbs

Drain and press spinach dry. Mix with other ingredients. Proceed as above. Serve with butter or with tomato sauce, and more grated Parmesan cheese. If the spinach is too moist, more bread crumbs will be necessary, but the addition will detract from the excellence of the dish.

OTHER FILLINGS

As is the case with other pastes, ravioli recipes vary all over Italy. The meat filling can be varied by using poached calf's brains, sweetbreads, or chicken livers without the Parmesan cheese. Or any tasty combination of meats, such as chicken and sweetbreads, veal and calf's brains, chicken and chicken livers, chicken and veal, etc., providing only that the meats are finely ground and thoroughly mixed together.

No Italian specialty is more appreciated than ravioli, and none better displays the skill of the cook. For a ravioli party the ravioli and the sauce can be prepared well in advance.

PANATA

$\frac{1}{3}$ loaf stale bread, grated	4 eggs, beaten
2 ounces grated Parmesan cheese	2 cups hot meat broth
1 grating nutmeg	Salt

Mix crumbs, Parmesan cheese and nutmeg; stir in the eggs. Add broth a little at a time, stirring constantly. Salt to taste.

Cook in double boiler until very thick and mixture separates from side of pan. Heap up in a hot dish and serve very hot.

Green peas, or other green vegetables, are sometimes mixed with this panata. They should be cooked separately and added with the broth.

This is a very ancient dish of Tuscany, where it is known as tridura.

RISOTTO

1 cup rice	½ teaspoon saffron
¼ cup butter	1 cup white wine, heated
1 onion, chopped	1 cup grated Parmesan cheese
1 quart meat broth, boiling	1 pound fresh mushrooms
Salt and pepper	3 tablespoons olive oil

Brown rice in butter; add onion and fry for a few minutes. Add 1 pint broth and boil rapidly, gently shaking the pan to prevent sticking as it evaporates; add remaining stock; season, and continue boiling, reducing heat as liquid is absorbed. Add saffron, mixed with a little water; add wine and cheese. Mix gently and set over steam until dry and fluffy. Have mushrooms washed, dried, quartered and sautéed in olive oil. Season. Serve in a ring with rice piled in center. Pass grated Parmesan cheese in a wooden bowl, with wooden spoon.

RISOTTO MILANESE STYLE

(Risotto alla Milanese)

1 cup rice	Salt and pepper
¼ onion, minced	½ teaspoon saffron
¼ cup butter	2 tablespoons grated Parmesan
½ cup Marsala wine	cheese
Meat broth	

Wash rice through several waters, drain and dry in a towel. Slowly fry onion in ½ the butter until golden; add rice and fry

5 minutes, stirring constantly. Add half the Marsala wine and sufficient boiling broth to cook rice; season and cook rapidly until grains swell; reduce heat and finish cooking until nearly dry. Uncover, add rest of butter and Marsala, and the saffron mixed smooth in a little broth. Set over steam or in open oven until rice is dry and fluffy. Take up, and sprinkle with Parmesan cheese.

This is the finest of the Milanese risottos and is served on special occasions. A little skill is required to cook it properly and attain the fluffiness at the end without draining off the liquid.

The rice recipes of the Portuguese, Spaniards and Italians bear close resemblance, all of them being of Arabian origin introduced through North African invasions and occupations. Inland cities, like Milan, eat their rice flavored with meats and vegetables; coast cities, where sea food is plentiful and fresh, prefer the fishy flavors. The combinations are legion; rice with chicken giblets, with green peas, with minced veal or pork, with frogs' legs, with sea snails, black rice cooked with the inky squid, pink rice cooked with crayfish, rice with tench (a sort of flounder), with mussels, and with the tiny clams of the Bay of Biscay. Invariably the method of cooking differs from that of the Far East in that the liquid is a flavoring broth, instead of water, and is retained in the finished dish, the quantity being gauged so as to be completely evaporated at the end of the cooking time. Saffron is a frequent flavoring and imparts an appetizing color.

POLENTA—I

1 cup yellow cornmeal	2 cups rich hash of left-over
1 quart boiling salted water, or	meat or fish
stock	3 tablespoons grated Parmesan
2 tablespoons butter	cheese

Sprinkle cornmeal into boiling liquid stirring constantly until there are no lumps; cook over slow heat or in double boiler $\frac{1}{2}$ hour, adding butter while cooking. Pour out on a hot platter in a ring. Fill the center with hot hash. Sprinkle the mush thickly with Parmesan cheese.

POLENTA—II

Make cornmeal mush as above; pour a thin layer into a buttered baking dish, spread with thick tomato sauce, sprinkle with Parmesan cheese. Then another layer of mush, tomato sauce, and cheese; repeat, finishing with a layer of cheese. Brown in a hot oven (400° F.). Serve with tomato sauce.

BAKED POLENTA

Make cornmeal mush as above; let cool and stiffen in a shallow mold; slice with a wet knife. Have ready a rich brown gravy containing bits of chicken giblets or other tidbits. Place a layer of polenta slices in buttered baking dish; add a little gravy; sprinkle with grated cheese. Repeat. Cover the top with remaining gravy and bake 10 minutes in a hot oven (400° F.).

FRIED POLENTA

1 small onion, chopped	1 celery stalk, sliced
$\frac{1}{2}$ garlic clove, minced	1 green pepper, chopped
3 tablespoons butter	1 quart boiling water
$\frac{1}{2}$ pound pork sausage or ham-burger	1 cup cornmeal
	$\frac{3}{4}$ cup flour
Salt and pepper	

Fry onion and garlic in 1 tablespoon of the butter for a few minutes, add meat and mash it as it fries to keep it from cooking in lumps. Turn into a saucepan with celery, pepper and boiling water. Let boil, covered, 10 minutes. Season. Add the cornmeal a little at a time, stirring out all lumps. Finish

cooking over steam, or in double boiler. Cool in a mold. Slice. Dredge slices with flour and fry in remaining butter.

Polenta was originally made of chestnut flour, as its name signifies. Then American maize took kindly to the soil and climate of Northern Italy and became an important crop. In the Fall, ears of corn, with husks turned back, gild the outer walls of farm houses and barns and add to the gaiety of the rural landscape. The grain is afterward ground in local mills as needed, for cornmeal must be fresh to lend its full flavor to the daily polenta dish eaten by every family throughout the winter.

The score of polenta recipes range from the simple ones given here, to the rich Milanese polenta timbale, which is a thin, hollow mold of cold polenta, filled with a thick sweetbread ragout made with white wine and a dozen other ingredients, baked in the oven, and afterward elaborately garnished.

FISH

(*Pesce*)

FILLET OF FISH ALLA MASSENA

1 pound fillet of flounder or fluke	1 carrot, chopped
Salt and pepper	1 onion, chopped
Head and bones of the fish	1 sprig parsley
Cold water	1 tablespoon butter
	$\frac{1}{4}$ cup flour and water paste

Salt and pepper the fillets and place in a large soup plate. Cover head and bones with cold water, add carrot, onion, and parsley. Bring to a boil and cook $\frac{3}{4}$ hour; strain; reduce broth to 1 cupful. Pour broth over fillets. Lay another soup plate on top and seal the two together with paste made of flour and water, so no steam can escape. Bake in a medium oven (350° F.) for 20 to 25 minutes, depending on the thickness of the fillets. Open at the table, and the flavor will be amazing.

FILLET OF WHITING ALLA VENITIA

Grill the fillets dipped in oil. Season with salt and pepper, dust with grated Parmesan cheese and scatter over bits of finely minced or coarsely grated finocchio (sweet fennel).

FILLETS OF BASS SICILIAN STYLE

1½ pounds fillets of bass	$\frac{1}{4}$ cup butter
$\frac{1}{4}$ cup white wine	3 mushrooms, chopped
$\frac{3}{4}$ cup fish broth	1 tablespoon flour
1 scallion, minced	1 dozen clams, or oysters
Salt and pepper	$\frac{1}{2}$ cup lobster meat, diced

Lay fillets in oiled earthenware casserole. Add wine and broth made from boiling fish bones and heads; sprinkle with scallion and season with salt and pepper. Dot with 2 tablespoons of the butter. Cover closely and bake, or cook on top of stove. Brown mushrooms slightly in remaining butter; add flour, stir until well mixed; add broth from fish and thin with a little clam or oyster liquor; season, and boil 5 minutes. Have clams or oysters already poached. Add lobster meat to sauce and bring to a boil. Add oysters or clams, pour sauce over fish and serve in casserole.

CODFISH BOLOGNA STYLE

Salt and pepper	1 garlic clove, minced
1 pound codfish, cut in one piece	1 tomato, well chopped
	2 tablespoons butter
2 tablespoons olive oil	2 tablespoons lemon juice
	1 teaspoon minced parsley

Salt and pepper fish. Heat olive oil slowly in an earthenware casserole. Lay the fish in casserole. Sprinkle with the minced garlic, and spread with chopped tomato; dot with butter. Cover and simmer. Turn carefully before the fish is too tender, or it will break. Serve in casserole, after sprinkling with lemon juice and parsley. This recipe serves for a cut of any large fish.

FISH PIES

6 (½ inch) slices any fine fish	1 tablespoon onion, grated
Salt and pepper	1 standard recipe pie crust
¼ cup olive oil	3 tablespoons minced parsley

Trim fish slices until of equal size. Sprinkle with salt and pepper. Mix oil and grated onion and brush over both sides of the fish. Roll out pie crust very thin and cut in portions slightly more than double the size of the fish slices. Lay a slice on 1 side of each portion of pastry, sprinkle with parsley, fold pastry over and seal edges together, completely enfolding the fish. Lay

on oiled baking sheet and bake in a hot oven (400° F.) about 10 minutes; reduce heat and finish baking.

EEL WITH MACARONI

1 (2 pound) eel	1 garlic clove, chopped
Salt	1 sprig parsley
$\frac{1}{4}$ cup olive oil	1 sprig celery
$1\frac{1}{2}$ tablespoons vinegar	2 cloves
1 small onion, chopped	1 blade mace
1 small carrot, chopped	1 cup Marsala
$\frac{3}{4}$ pound macaroni	

Have eel killed, skinned and cleaned by fish dealer, and cut into 3-inch lengths. Rub with salt, cover with water and stand $\frac{1}{2}$ hour. Wash and dry. Lay in deep bowl. Mix oil, vinegar, vegetables, herbs and spices and pour over eel. Marinate 1 hour. Transfer eel and marinade to saucepan, add Marsala and sufficient boiling water to cover, and cook gently until tender. Meanwhile cook macaroni in boiling salted water, drain well and lay on hot platter. Drain eel, split pieces and remove bones; lay on top of macaroni. Strain and press liquid through coarse sieve and pour over.

WHITEBAIT OMELET ALLA NAPOLI

$\frac{1}{2}$ pound whitebait	1 teaspoon minced parsley
Salt and pepper	6 eggs
$\frac{1}{2}$ cup butter	

Wash whitebait through several waters, pick over carefully, drain and dry in a napkin. Season with salt, pepper and parsley. Beat eggs until quite light, adding salt and a little pepper. Add fish and stir together. Heat butter and when nearly smoking pour in the mixture. Stir at first until eggs begin to set. Then let brown on bottom, turn like a pancake and brown the other side. Slide out of the pan on to a hot platter. Care must be taken not to let the eggs get too hard, since the finished dish must have the moist consistency of an omelet.

MEATS

(*Carni*)

SCALOPPINE IN GRAVY

(*Scaloppine al Sugo*)

1 pound veal steak	$\frac{1}{4}$ cup white wine or Marsala
2 tablespoons butter	Salt and pepper
$1\frac{1}{2}$ cups veal or beef gravy	$\frac{1}{8}$ teaspoon nutmeg
1 tablespoon lemon juice	

Have butcher cut veal very thin, divide it in pieces about 3 inches square and pound each piece very well with the flat side of his cleaver. Melt butter, slowly brown veal on both sides, add heated gravy and simmer 5 minutes. Add wine, salt, pepper and nutmeg. Cover closely and simmer until very tender. Sprinkle lemon juice over it. Serve with mashed potatoes or chopped spinach. Also, the gravy may be used as a sauce with spaghetti or tagliarini served with the scaloppine.

SCALOPPINE WITH MUSHROOMS

(*Scaloppine con Funghi*)

Same as Scaloppine al Sugo, except that 6 mushrooms are cut up and added to the pan while browning. The nutmeg may be omitted. (Italians prefer dried mushrooms soaked overnight, and these would be preferable to canned mushrooms.)

SCALOPPINE WITH ZUCCHINI

(*Scaloppine con Zucchini*)

Same as Scaloppine al Sugo, with the addition of zucchini, partly sautéed in a separate pan and then put in the pan with the veal and simmered with it for 5 minutes.

SCALOPPINE WITH VEGETABLES, COOKED IN OLIVE OIL

(Scaloppine con Verdure al' Aceto)

1 pound veal steak	1 mushroom, chopped
3 tablespoons olive oil	1½ cups veal or beef gravy
1 shallot, chopped	¼ cup white wine
1 very small carrot, chopped	1 sprig minced parsley or basil
½ stalk celery, chopped	Salt and pepper

Have butcher prepare veal as for Scaloppine al Sugo. Slowly brown veal in oil, add chopped vegetables and continue browning for a moment. Add heated gravy and simmer. Add wine, parsley, salt and pepper. Simmer until very tender. Tomato juice may be substituted for wine.

LAMB WITH PEAS

(Agnello con Piselli)

2 garlic cloves	1 tablespoon olive oil
6-8 sprigs rosemary (substitute mint)	Salt and pepper
3 pounds leg of lamb	2 tablespoons butter
½ pound salt pork, chopped	3 tablespoons tomato paste
3 cups green peas, cooked	Meat broth, heated

Cut the garlic in tiny slivers; remove leaves from rosemary and cut stems in short lengths. With a small pointed instrument make insertions all over the meat, and insert, alternately, slivers of garlic and bits of stem, leaving the latter sticking out so that they may be removed before serving. Lay salt pork, with the oil, in an earthenware casserole; heat slowly. Salt and pepper the meat and lay on top; commence cooking and when lamb is slightly colored all over, add butter and tomato paste, and a little of the broth. Cover closely and simmer, turning and adding more broth if necessary to prevent scorching. When tender,

add peas. Take up meat and remove rosemary; lay on a hot platter, surround with peas, pour strained sauce over, and sprinkle sparingly with a few of the finely minced rosemary leaves.

Veal is cooked in the same manner, substituting parsley for rosemary.

Beef occupies a poor place in the Italian kitchen, being usually relegated to the soup pot, for the animals are largely useless milk cows, or worn-out work oxen. In the absence of modern ovens, meats are deliciously cooked as above, or roasted on the spit before an open fire.

LAMB CUTLETS MILANESE

4 lamb chops or cutlets from leg	$\frac{1}{2}$ cup Parmesan cheese, grated
Salt and pepper	1 egg, well beaten
$\frac{1}{2}$ cup sifted bread crumbs	$\frac{1}{4}$ cup butter, melted

Trim superfluous fat from chops; season. Mix bread crumbs and Parmesan cheese. Dip chops in this mixture, then in beaten egg. Sprinkle with butter and cook under a slow grill until done.

ROAST KID

1 young kid	1 clove
Salt and pepper	1 cup olive oil
3 garlic cloves, crushed	1 cup white wine
2 onions, minced	1 cup Marsala
2 bay leaves	1 pound dates, stoned
2 sprigs thyme	Thin slices salt pork
1 blade mace	$\frac{1}{4}$ cup flour

Have the kid well cleaned. Put brain, liver and sweetbreads in refrigerator, with any other giblets. (Perhaps the kid kidneys and chitterlings fancied by the Italians are too highly flavored.) Mix all other ingredients, except Marsala, dates, and pork, and rub mixture over the kid, inside and out. Set away in a wide

crook for a day, turning occasionally. Drain and dry. Strain marinating liquid. Prepare giblets, blanching and skinning sweetbreads and brains, and skinning liver and kidneys; chop them together and season. Chop dates, warm Marsala and pour over them. Let stand until wine is absorbed; mix with chopped giblets; stuff the kid and sew up. Cut ligaments at the joints; fold legs close to body and tie securely. Lay salt pork over breast and back and wrap with twine. Place kid in oiled paper bag, lay in roasting pan and bake 1 hour, turning every 15 minutes. Remove paper, add heated marinating liquid to pan and finish baking, basting frequently. Remove pork for the last 15 minutes. Remove twine. Take up. Thicken gravy with flour. If a more delicate flavor is desired, discard marinating liquid and finish last basting with pan liquor and $\frac{1}{2}$ cup melted butter.

A number of years ago a past-master at the art of kid-roasting erected the brick beehive oven of his native land in a vacant lot just off Mulberry Bend in New York, sheltered it with a crude booth, and sold the succulent steaming meat at the dinner hour to neighbors, who hurried home with precious plattersful for waiting families. Gradually his fame spread, and food sophisticates who had lived in Italy began stopping in front of the humble shelter, some of them tarrying to consume their purchases on the spot, with chunks of crunchy hearth bread and black olives. One day an excavator rolled into the lot, and the goat cook disappeared. Inquiries at the corner grocery revealed that he had gone back home to buy the local albergo (inn).

VEAL KIDNEYS WITH PARMESAN

1 calf's kidney	1 sprig parsley
$\frac{1}{4}$ cup white wine	3 tablespoons butter
Salt and pepper	Grated Parmesan cheese
$\frac{1}{2}$ bay leaf	$\frac{1}{2}$ teaspoon sugar
1 small sprig thyme	$\frac{1}{8}$ teaspoon cinnamon

Cut the kidney in $\frac{1}{2}$ -inch slices. Put in saucepan with wine, seasonings, herbs and 1 tablespoon butter; toss over hot fire 5-8 minutes, when most of the liquid will have been absorbed. Transfer to hot platter, cover with Parmesan cheese; mix sugar and cinnamon and sprinkle over. Sprinkle with remaining butter which has been melted. Brown under grill.

CALF'S LIVER WITH PARMESAN

1 pound calf's liver, sliced	Butter or olive oil
Salt and pepper	3 tablespoons grated Parmesan cheese
1 teaspoon minced parsley	2 tablespoons grated bread crumbs
2 tablespoons green onion, minced	
$\frac{1}{2}$ garlic clove, minced	

Remove skin from liver; season. Mix parsley, green onion, and garlic and sprinkle over. Heat butter to near smoking and quickly brown liver on both sides. Do not over-cook or it will be dry and hard. Mix Parmesan cheese and crumbs. Take up liver on hot fireproof dish; sprinkle with Parmesan mixture, and then with melted butter. Let brown under quick grill.

FRITTO MISTO

Deep fat or oil for frying

FRYING BATTER

$\frac{1}{2}$ cup flour	$\frac{1}{3}$ cup milk
$\frac{1}{8}$ teaspoon salt	1 egg, beaten
1 dash cayenne	

Mix ingredients in order given.

For each person a selection from the following:

¼ slice calf's liver	1 cooked artichoke bottom
1 slice sweetbread	1 slice yellow cheese
1 slice calf's brain	¼ slice egg plant, blanched
1 slice kid's kidney	1 flowerette cooked cauliflower
or sheep's kidney	1 slice Italian squash (zucchini)
1 slice lamb's fry	1 length cooked celery

Salt and pepper

Soak sweetbread and brain in cold water 1 hour; blanch, skin, and remove large veins. Skin kidney. Season and dip each item separately in the batter. Fry in the fat, drain on absorbent paper, and serve all together on the same hot platter.

MARROW BONES

(*Osso Bucco*)

8 three-inch lengths marrow bone	Salt and pepper
5 tablespoons butter	1 cup strained tomato
1 small onion, minced	1 teaspoon granulated sugar
1 small carrot, grated	½ tablespoon flour
	Rounds of toast

Parsley sprigs

Select bones of young beef, not too thick and heavy. Heat four tablespoons butter; add bones, onion, carrot and seasonings; cover and slowly fry, basting and turning often. When they begin to color add tomato, sugar, and flour mixed with remaining butter. The marrow is cooked as soon as it is heated through. Lay bones in hot dish. Skim fat from sauce and strain over bones. Serve with a plate of hot toast on which the marrow is to be spread. Garnish with parsley.

PORK CHOPS MILANESE

6 loin pork chops	$\frac{1}{2}$ garlic clove, minced
Salt and pepper	1 tablespoon minced green onion
$\frac{1}{2}$ cup butter, melted	
$\frac{1}{2}$ cup bread crumbs, sifted	2 cups tomato sauce, heated
$\frac{1}{2}$ cup grated Parmesan cheese	1 teaspoon beef extract

Trim superfluous fat from chops. Season and dip in melted butter. Dip in a mixture of crumbs and Parmesan cheese. Cook garlic and onion lightly in a frying pan, add chops and brown on both sides. Place in a covered baking dish and bake 15 minutes in a moderate oven (350° F.).

(The Italian uses an earthenware dish, embeds it in hot ashes and heaps hot ashes over the cover.)

Add tomato sauce mixed with the beef extract and continue baking until very tender. Serve with macaroni and additional tomato sauce.

PORK LIVER WITH FENNEL

1 $\frac{1}{2}$ pounds pork liver	Fennel seeds
Salt and pepper	Bread
Butter	

Cut liver in 2-inch squares; season, roll in fennel seeds so liver is completely covered with seeds. String on skewers and roast in oven or grill. Serve with bread browned in butter in a skillet.

THRICE-COOKED CHICKEN

2 fat broilers, quartered	$\frac{1}{2}$ cup flour
Salt and pepper	$\frac{1}{2}$ cup butter
Heated milk	

Rub chicken with salt and pepper, dredge with flour and lightly brown in butter. Lay in roasting pan, and pour in hot milk to depth of nearly an inch. Cover and bake 10 minutes

in hot oven (400° F.). Turn off heat and leave until milk is absorbed. Uncover and brown under slow grill. Add 1 cup milk to contents of frying pan and thicken with more flour, if necessary. Serve this gravy separately. Remove chicken to hot platter, and serve with Italian rice combined with the chicken giblets.

This is a specialty of the Alpine regions. The farther South one travels in Italy the scarcer cow's milk becomes. Goat's milk takes its place in the morning coffee, and cooks do without it altogether. The Italian cooking most popular in America and England is that of Northern Italy, especially Lombardy and the Piedmont, and the majority of Italian restaurant owners and their chefs come from these districts.

CHICKEN A LA MARENGO

(Pollo alla Marengo)

2 friers	2 tablespoons flour
2 tablespoons butter	½ cup white wine
3 tablespoons olive oil	1½ cups meat broth, heated
Salt and pepper	1 tomato, chopped
⅛ teaspoon nutmeg	Juice of 1 lemon

Cut each chicken into 6 pieces; fry slowly in heated butter and oil until lightly browned. Sprinkle with seasonings and nutmeg, and then with flour; continue to fry until golden. Add wine and broth; cover closely and simmer, turning occasionally until tender. Add tomato and simmer 5-10 minutes. Add lemon juice and serve.

This recipe is sometimes attributed to France, sometimes to Italy, for its origin is not generally known.

On the day of Napoleon's victory over the Austrians (1800) at Marengo, a little village in the Italian district of Piedmont, the cook-wagon did not arrive in time for the hungry Consul

and his generals. A hasty repast of young chickens, stolen from a peasant, was prepared. The recipe was an invention of the moment, and ever since has commemorated Napoleon's military prowess. An Italian authority on cooking remarks that no one should be led to believe, from this accident, that the Consul deserved to have a dish named in his honor.

FRIED SPRING CHICKEN

1 young frier, jointed	$\frac{3}{4}$ teaspoon salt
$\frac{1}{4}$ cup flour	$\frac{1}{4}$ teaspoon pepper
2 tablespoons lemon juice	1 bay leaf, quartered
$\frac{1}{4}$ cup olive oil	Grated Parmesan cheese

Butter

Roll chicken pieces in flour and lay in a bowl. Beat lemon juice with olive oil, salt, pepper and bay leaf, and pour over chicken. Let stand 1 hour, drain off liquid, remove bay leaf; roll chicken in Parmesan cheese and fry in butter.

CHICKEN WITH WHITE WINE

(Pollo al Vino Bianco)

1 young chicken, jointed	1 teaspoon minced parsley or basil
1 cup white wine	
2 tablespoons olive oil	$\frac{1}{4}$ cup butter
Salt	1 tablespoon flour
Pepper	2 tablespoons water
$\frac{1}{4}$ teaspoon nutmeg	1 tablespoon tomato paste

Marinate chicken in wine and olive oil with salt, pepper, nutmeg and parsley, for 4 hours. Put all in earthenware casserole with the butter. Cover closely and simmer until tender, turning occasionally. Make a thin paste of flour and water and sprinkle in. Add tomato paste. Gently shake casserole to mix well and simmer until flour thickens. Serve in casserole.

CHICKEN WITH OLIVES

(Pollo alla Olive)

1 young chicken, jointed	Broth (of chicken, veal or beef)
3 tablespoons butter	15 olives, large size
1 onion, chopped	Pepper
1 carrot, minced	Salt
1 small tomato, chopped	Tomato paste

Slowly brown chicken in butter with onion and carrot; add tomato and continue browning. Cover with boiling broth. Add 4 big olives, cut up, and the pounded pulp of 4 others; also 7 whole olives. Add pepper and salt sparingly, for the olives are already salty. Cook slowly until tender, add tomato paste to taste, thicken gravy if desired and finish by cooking 10 more minutes.

CAPILOTADE

3 tablespoons butter	Salt and pepper
1 cup sliced onions	1 cup white wine
1 cup sliced carrots	1 cold roast chicken, cut up
6 mushrooms, sliced	$\frac{1}{4}$ cup olive oil
1 tablespoon flour	Large croutons

Heat butter, add vegetables and flour. Fry until they begin to brown. Add seasonings and wine and simmer 15 minutes. Add chicken and heat it completely through. Remove chicken to a hot platter. Add oil to contents of pan and stir over a very slow heat until well mixed. Do not boil. Pour over meat. Garnish with croutons and serve.

CAPON WITH PINENUTS

1 capon	1 tablespoon minced green onion
Salt and pepper	$\frac{1}{2}$ pound chopped ham
Vinegar	$\frac{1}{2}$ pound lean lamb, chopped
1 garlic clove, crushed	3 hard-boiled eggs, chopped
1 teaspoon minced parsley	1 raw egg
2 cloves, crushed	1 pint pinenuts, peeled

Salt and pepper capon inside and out. Wet a cloth in vinegar and wrap around capon. Mix garlic, parsley, cloves and onion and rub all over cloth. Lay aside all day, then unwrap. Make a stuffing of chopped capon liver, ham, lamb, hard-boiled eggs and raw egg. Stuff bird. Wrap in two thicknesses of oiled paper. Bake 5 minutes in a hot oven (400° F.), then reduce heat to moderate (350° F.), turning occasionally. Remove top layer of paper when it begins to scorch; later second layer. Steam pinenuts. Remove capon to hot platter and garnish with pinenuts. Make a gravy of pan contents. In Italy, the capon is wrapped in paper and cooked on a spit before the open fire.

MILANESE CROQUETTES

1 cup cooked chicken, diced fine	Thick cream sauce
1 cup cooked tongue, diced fine	2 eggs, well-beaten
½ cup minced truffles	1 tablespoon olive oil
½ cup cooked macaroni, chopped	Sifted bread crumbs
Salt and pepper	Parsley sprigs
2 tablespoons grated Parmesan cheese	Deep fat for frying

Mix meats, truffles, macaroni, salt, pepper, and Parmesan cheese; add sufficient cream sauce to hold all together. Form into croquettes. Dip in egg beaten with oil, being careful to completely cover; then dip in crumbs. Fry, drain on paper. Drop parsley sprigs in fat and fry until crisp. Serve croquettes on a folded napkin garnished with the fried parsley.

BIRDS SMOTHERED IN RICE

3 pair quail or squab	Salt and pepper
¾ cup butter	1 cup white wine
1 tablespoon flour	1½ cups stock
2 onions, minced	Freshly cooked rice
½ clove garlic, minced	1 cup grated Parmesan cheese
	1 grating nutmeg

Quarter the birds and chop giblets. Heat $\frac{1}{4}$ cup of the butter, add flour and onions and simmer until yellow, stirring constantly. Lay in birds, giblets and garlic, sprinkle with salt and pepper and heat. Add a little wine and stock. Cover closely and simmer, adding more stock and wine when necessary. Have rice cooked, drained and dried. Mix remaining butter, melted with $\frac{1}{2}$ cup Parmesan cheese and the nutmeg. Mix with rice. Arrange rice and birds in a buttered baking dish, completely covering each portion of bird with rice. Strain gravy and pour over. Spread with remaining cheese. Cover, set in a pan of hot water and bake in a slow oven (325° F.) for 30 to 45 minutes. Serve with Italian sauce.

SAUCES

(*Salse*)

AGRO DOLCE SAUCE

(*For roast meats and game, especially venison, boar, and hare*)

¼ pound pine nuts	½ ounce candied lemon peel
½ pound pistachio nuts	½ ounce candied orange peel
2 squares chocolate, unsweetened	2 tablespoons dried currants
2 tablespoons sugar	3 tablespoons currant jelly
½ cup white wine vinegar	1 cup pan gravy from meat

Simmer for 30 minutes. Add a little salt if necessary.

GENOISE SAUCE

(*For salt water fish and broiled fresh water fish*)

Head of the fish	1 tablespoon butter
1 tablespoon minced carrot	Small onion, sliced
1 sprig sweet basil	Salt
1 clove	½ cup claret
4 peppercorns	Juice of ½ lemon
1 tablespoon minced parsley	

Cover fish head with cold water, add all other ingredients except claret, lemon juice and parsley. Bring to a boil and simmer 30 minutes. Strain. There should be 2 cups of liquid. Add claret and cook 10 minutes. Add lemon juice and parsley.

ITALIAN SAUCE

3 shallots, minced	1 cup rich brown gravy
1 tablespoon butter	Salt
3 fresh mushrooms, minced	Pepper
¼ cup white wine	1 teaspoon minced parsley

Fry shallots in butter but do not brown; add mushrooms and continue frying. Add wine, gravy, and seasonings. Simmer. Add parsley and serve with either meat or vegetables.

MILANAISE SAUCE

2 mushrooms, minced	2 tablespoons Marsala
2 anchovies, soaked and shredded	½ teaspoon mustard
2 tablespoons butter	1 dash cayenne
1 cup meat broth	Salt
2 tablespoons wine vinegar	1 tablespoon capers

Slowly simmer mushrooms and anchovies in butter until they begin to brown. Add broth, vinegar, and wine, and simmer. Season. Add capers, and serve. Especially good with grilled meats.

LIVOURNO SAUCE

(For grilled fish)

8 anchovies	1 tablespoon lemon juice
1 cup mayonnaise	1 teaspoon minced parsley

Soak anchovies 2 hours in plenty of cold water, skin and remove bones. Mince to a paste. Add to mayonnaise with lemon juice and parsley and beat together. Serve cold.

PARMESAN SAUCE

(For boiled fish or mutton)

1 small onion, minced	Salt and pepper
1 tablespoon carrot, grated	½ teaspoon mustard
1 teaspoon flour	1 tablespoon grated Parmesan
2 tablespoons butter	cheese
1 cup meat broth	

Fry onion and carrot in butter, add flour and let all nicely brown. Add broth and seasonings and boil 5 minutes. Place over steam and add Parmesan. Stir until cheese is well blended into the sauce.

TOMATO SAUCE

1 small onion, chopped	1 cup meat broth
1 garlic clove, chopped	Salt
2 tablespoons olive oil	Cayenne
1 large tomato, chopped	1 teaspoon minced parsley

Fry onion and garlic in oil until golden. Add tomato and continue frying. Add broth and simmer until sauce thickens. Season and add parsley.

VENETIAN SAUCE

(For fish)

1 onion, chopped fine	2 egg yolks
1 cup fish broth	Salt
$\frac{1}{2}$ cup white wine	White pepper
2 ounces butter, melted	2 tablespoons lemon juice
1 tablespoon minced parsley	

Cook onion in broth 10 minutes. Add wine and heat to boiling. Beat butter and eggs together and pour liquid over. Season and put into double boiler. Stir and beat until well blended, taking care that the sauce does not become so hot that it curdles. Add lemon juice and parsley.

These are popular versions of sauces which vary greatly in ingredients, proportions, and methods of preparation.

TOMATO SAUCE

(*Salsa di Pomodoro*)

Pelligrino Artusi, in his "L'Arte di Mangiar Bene," gives the classic tomato sauce of Italy thus:

"Mince together $\frac{1}{4}$ onion, 1 garlic clove, 1 finger-length of celery, several bay leaves, and parsley to taste. Season with a little oil, salt and pepper; cut up 7 or 8 tomatoes, and put all

together over the fire to cook. Stir now and then, and when the sauce is the consistency of cream, strain and serve."

Artusi illustrates the universal usefulness of this sauce by telling an anecdote about a parish priest in a small city in the vicinity of Rome. The good father "cacciava il naso per tutto" (stuck his nose in everything). Although he was much beloved, his constant meddling eventually won him the nickname of *Don Pomodoro*, or Reverend Tomato, the tomato being the chief requisite of every Italian dish.

VEGETABLES

(*Legumi*)

MRS. EVE KENT'S ZUCCHINI

(*Zucchini alla Signora Eve Kent*)

4 medium-sized onions, sliced	4 tomatoes (or 1 small can)
1 garlic clove, minced	1 pound zucchini (Italian
2 tablespoons olive oil	squash)
Salt and pepper	

Slowly fry onions and garlic in oil until pale golden. Peel and cut up the tomatoes and add. Simmer. Without peeling, cut young tender zucchini into half-inch slices. Add and simmer 20 minutes. Carefully lift from the bottom and turn when necessary to prevent sticking. Season when half done.

ENRICO'S FRIED ZUCCHINI

(*Zucchini Fritto alla Enrico*)

1½ pounds zucchini	¼ cup olive oil
1 garlic clove	Salt and pepper

Slice young tender zucchini very thin without peeling. Heat 2 tablespoons olive oil, crush the garlic clove and add; fry until light brown and remove. Cover bottom of frying pan with zucchini slices and slowly fry on one side, turn and fry on the other side. Season and push to one side of the pan to keep hot and finish cooking. In the empty part of the pan fry more slices, season and place under those already fried. Repeat until all are done. The pan must be a wide one, and the heat must be centered under the part of the pan in which the active frying

is being done. After the initial 2 tablespoons of oil the rest is to be added a little at a time as needed. Four tablespoons should be sufficient but more may be necessary for the novice.

This is the most delicious of zucchini dishes.

ZUCCHINI FRIED IN DEEP FAT

Slice young firm zucchini with a potato slicer. Fry in deep fat or oil, drain on absorbent paper, sprinkle with salt, and serve like potato chips.

SMOTHERED ZUCCHINI

2 cups zucchini (cut in $\frac{3}{4}$ -inch dice)	1 small tomato, peeled and sliced
2 tablespoons butter	3 tablespoons beef broth
1 stalk celery, sliced very thin	Salt and pepper

Fry zucchini in butter for a few moments until partly browned. Add remaining ingredients, cover closely, reduce heat, and simmer until tender. The pan may be wiped with garlic before melting the butter.

JERUSALEM ARTICHOKEs

1 pound Jerusalem artichokes	2 tablespoons butter
1 tablespoon lemon juice	1 teaspoon minced parsley
Salt and pepper	1 cup meat broth

Pare artichokes and trim in pear shapes, dropping at once into cold water to prevent discoloration. Set upright and close together in a sauce pan. Sprinkle with lemon juice, seasonings, melted butter and parsley. Pour broth over, cover closely and simmer 30 minutes, basting several times. Serve in a deep dish. Pour liquid over. Thicken with a little flour if desired.

CAULIFLOWER ROMAN STYLE

(Cavolfiore alla Romagna)

1 medium-sized cauliflower	¼ cup chicken, veal or pork
½ onion, minced	(minced)
2 tablespoons olive oil	Meat broth
½ garlic clove, minced	Salt and pepper
1 large tomato, chopped	Grated Parmesan cheese

Wash cauliflower in water to which a little vinegar has been added. Separate into flowerets and boil 10 minutes in salted boiling water. Slowly fry onion in oil, add garlic, tomato and meat and fry 10 minutes. Add broth and season; boil 10 minutes longer. Put cauliflower in a wide sauce pan and pour sauce over it. Cover closely and simmer, basting occasionally. Serve on a hot platter and sprinkle with cheese.

FENNEL

(Finnocchio)

2 heads finnochio	2 tablespoons bread crumbs
¼ cup butter, melted	1 tablespoon Parmesan cheese
1 hard-boiled egg	Salt and paprika
1 tablespoon minced parsley	

Cut off tops of finnochio and quarter the heads. Cook until tender in salted boiling water. Drain and place in a buttered baking dish, cut sides up. Pour butter over, then grated egg. Mix crumbs and cheese and sprinkle over. Brown in hot oven (400° F.). Dash with salt and paprika and sprinkle with parsley.

EGGPLANT ITALIAN STYLE

1 medium-sized eggplant	1 small onion, sliced
Salt and cayenne	¼ cup butter
Flour for dredging	1 cup tomato juice
1 garlic clove, minced	½ teaspoon granulated sugar

Peel eggplant and cut in $\frac{1}{2}$ inch slices. Salt well and place under weighted plate to extract the acrid flavor. After 1 hour, drain, dredge with flour, dash with cayenne and slowly fry in 3 tablespoons of the butter on both sides. In another pan, fry garlic and onion in remaining butter until golden. Add tomato juice and sugar and simmer until well combined. Then lay the fried eggplant in this sauce. Cover and simmer 10 minutes, basting frequently.

EGGPLANT BAKED WITH EGG

1 medium-sized eggplant	1 small onion, sliced
$\frac{1}{4}$ cup butter	1 $\frac{1}{2}$ cups tomato juice
Salt and cayenne	$\frac{1}{2}$ teaspoon sugar
Flour for dredging	3 hard-boiled eggs, sliced
1 garlic clove, minced	4 tablespoons grated Parmesan cheese

Fry the eggplant and make the sauce as directed above. Arrange half the eggplant in a buttered baking dish, cover with half the egg slices, then half the cheese, and half the sauce. Repeat. Heat for a few moments in the oven or on top of the stove.

SICILIAN EGGPLANT

1 medium-sized eggplant	1 teaspoon minced parsley
Salt and pepper	1 dash cayenne
2 cups grated Parmesan cheese	1 garlic clove
2 eggs	Flour
4 tablespoons milk	Bread crumbs
Deep fat or oil for frying	

Peel eggplant and slice very thin; season. Mix Parmesan cheese, 1 egg, milk, parsley, and cayenne, making a paste. Split the garlic clove and rub it over the eggplant slices; spread half the slices with the paste; lay other halves on top, sandwich-wise. Dredge the sandwiches with flour, dip in beaten egg mixed with

a few drops of water, then dip in bread crumbs, and fry in the deep fat to a golden brown. Drain on absorbent paper, and serve garnished with parsley.

STUFFED PEPPERS

(*Peperoni Ripieni*)

6 whole green peppers	2 tablespoons grated Parmesan
6 salted anchovies	cheese
3 tomatoes (fresh or canned)	2 cups rich gravy
$\frac{1}{4}$ pound cooked chicken	or 1 cup olive oil
Salt and paprika	

Toast peppers under grill or drop for 5 minutes into boiling water, and rub off skins. Cut off stems; cut out circle from top of each, remove seeds and veins. Have anchovies soaked in cold water 2 hours; remove skin and bones and cut in small pieces. Chop tomatoes and chicken. Mix anchovies, tomatoes, and chicken. (If a drier mixture is desired, leave out some of the juice of tomatoes, or add bread crumbs to taste.) Add paprika to taste and a very little salt, since the anchovies are salty. Stuff peppers, not too full, and close by replacing circles cut from tops. Lay in a baking pan, sprinkle with salt, paprika and Parmesan cheese. Add gravy to pan, bake, and serve hot. Or, if peppers are to be eaten cold, heat olive oil in frying pan, add peppers and slowly simmer; cool and serve as hors d'oeuvres.

The simplest method of cooking peppers, in the Italian fashion, is to quarter, seed, and season them. Lay them in a baking dish with plenty of olive oil, and bake until tender. They are good either hot or cold. The pepper-flavored oil left in the dish may be used for frying.

PEPPERS BAKED PLAIN

Drop peppers into boiling water for 5 minutes, then rub off skins. Cut in quarters; remove seeds and veins. Lay in baking

pan; season; sprinkle liberally with olive oil. Bake and drain.
(Save superfluous oil for frying.)

ASPARAGUS WITH PARMESAN

1 bunch fresh asparagus	4 tablespoons grated Parmesan
Salt and pepper	cheese
3 tablespoons butter, melted	

Choose young asparagus with green tips; cut off tough ends and cook in a small amount of salted water; drain well, lay in fireproof dish. Cover with butter, dust with pepper, sprinkle thickly with Parmesan cheese and brown lightly under slow grill.

FLORENTINE SPINACH

¼ cup butter	3 eggs
¼ cup flour	Salt and pepper
1½ cups milk	3 cups cooked spinach

Make a white sauce of the butter, flour and milk. Beat eggs lightly and add to white sauce with salt and pepper to taste. Add spinach, finely chopped. Pour into a buttered mold, cover and bake in a pan of hot water in a moderate oven (350° F.). This should take about 1 hour.

ARTICHOKE HEARTS, STUFFED

Juice of 1 lemon	Lettuce leaves
½ cup Italian olive oil	1 tablespoon capers
Salt and pepper	1 green pepper, chopped
1 can artichoke hearts	2 hard-boiled eggs, chopped
1 bottle anchovies	

Beat lemon juice, olive oil and seasonings in a bowl; put in the artichoke hearts and marinate for 1 hour. Place each heart on a lettuce leaf, scatter capers, green pepper and chopped egg

over each, and lay a ringed anchovy on top. Serve with finger-size sandwiches, spread with softened sweet butter and then chilled.

MUSACA

2 young egg plants	$\frac{1}{2}$ cup meat gravy
Salt and pepper	$1\frac{1}{2}$ cups strained tomato
3 eggs	$\frac{1}{2}$ teaspoon sugar
1 cup sifted bread crumbs	$\frac{1}{2}$ teaspoon paprika
1 cup butter	2 large ears tender sweet corn
4 medium-sized onions, sliced	(or canned corn)
3 cups cooked lamb or kid, minced	3 tablespoons cream

Peel egg plants and cut in pieces the size of a thumb. Add 2 tablespoons salt to saucepan of boiling water, and parboil egg plant 10 minutes; drain and dry in a towel; season with pepper. Beat 1 egg slightly with 1 tablespoon water; dip egg plant in egg and then in crumbs, and fry light brown in butter. Fry onions golden in butter; season with salt and pepper. In a deep buttered baking dish arrange alternate layers of egg plant, onions, and the lamb mixed with gravy, finishing with layer of egg plant. Season tomato with salt, sugar, and paprika and pour over. Bake in moderate oven (350° F.) 15 to 20 minutes. Split down the grains of corn and scrape. Beat remaining 2 eggs lightly; add cream and beat; add corn, salt and pepper, and beat. Pour mixture over contents of baking dish; replace in oven, and turn off the heat. After 10 minutes place under grill to lightly brown.

This dish came from the Near East and turns up, with changed spelling of the name, in a number of Mediterranean countries. The recipe is very adaptable, and can be simplified to merely egg plant, onions and tomato sauce.

SMOTHERED MUSHROOMS

$\frac{1}{2}$ pound mushrooms	$\frac{1}{2}$ garlic clove, crushed
3 tablespoons olive oil	Salt and pepper

Wash mushrooms, dry in a towel, and cut in halves. Mix oil, garlic, and seasonings; pour over mushrooms, and stir. Marinate 1 to 2 hours, stirring occasionally. Set over a brisk fire, cover closely and fry gently, but constantly shaking the pan. When they begin to brown reduce heat and let them smother. Serve as a garnish, or on toast.

SALADS

Italians are constant eaters of fresh salads, including wild greens from the fields. They are satisfied with coarser garden products than the French, the tangy romaine lettuce being their great contribution to the salad course.

The dressing is always simple, salad being looked upon as a refreshing aftertouch to their somewhat heavy meals. Their two parts of olive oil to one of wine vinegar produces a sharp sauce, because the vinegar, made from ordinary red wine, is highly acid. Romaine, or other lettuce, plain, or with thick slices of tomato, onion, fresh or pickled green peppers, and well doused with this simple dressing, satisfies the Italian palate. Garlic lovers can go the limit in flavoring such hearty salads.

Cooked or fresh vegetables, seasoned and dipped in olive oil, appear on the antipasto platter, but seldom go into the salad bowl.

SWEETS

(*Dolci*)

In Milan a large part of the Italian populace gathers in sheltered galleries between shops to sip granite and other lightly frozen fruit-juice ices. The Italian partiality for cooling drinks dates back to remote antiquity. In Naples and throughout Southern Italy snow was early employed for the freezing of all sorts of sorbetti (sherbets) as well as for cooling drinks and the refrigerating of wines. In the winter season snow was gathered from the mountains and stored in spacious underground vaults, where it was tightly packed by trampling into a solid mass. Open pits in the fields were dug to store the packed snow where it remained heavily covered with leaves until wanted. Sawed in huge blocks it was taken to the city at night to be used the next day. Fancy street stands catered to the aristocracy with expensive tumblers of iced cordial, while a penny glass of snow water slaked the thirst of the masses.

ICE CREAMS

Italian ice creams do not differ essentially from our ice creams, except in the use of eggs; usually 6 eggs to 1 quart cream, or 8 to 1 quart milk; but with few exceptions the juicy fruits, such as orange, strawberry, peach, etc., are not combined with cream. They are used in water-ices, sherbets and frozen fruits.

CHOCOLATE ICE CREAM

$\frac{1}{4}$ cup boiling water	6 eggs
$\frac{1}{2}$ teaspoon stick cinnamon	$1\frac{1}{2}$ cups granulated sugar
5 squares (1-ounce) unsweetened chocolate	1 quart cream

Pour boiling water on cinnamon which has been crushed and let steep for $\frac{1}{2}$ hour. Pour off clear liquid, work it into chocolate which has been melted over hot water and keep warm. Prepare custard with eggs, sugar and cream in a double boiler. Add spiced chocolate. Cool and freeze. Serve with whipped cream piled on top.

For chocolate caramel ice cream add 3 tablespoons of caramel in place of cinnamon.

COFFEE ICE CREAM

1 quart heavy cream	6 eggs
3 ounces freshly roasted coffee (whole beans)	$1\frac{1}{2}$ cups granulated sugar
	Whipped cream

Put 1 pint of the cream into a double boiler with coffee beans; cover tightly, and let infuse for an hour in warm place (water must not boil). Strain through fine muslin into remaining cream. Make a boiled custard with cream, eggs, and sugar; cool, freeze, and serve with whipped cream piled on top.

FROZEN PEACHES

12 large ripe peaches	2 cups water
2 cups granulated sugar	Flavor as desired
	Whipped cream

Cut peaches fine and mix all ingredients together. Stir 5 minutes; freeze, and serve with whipped cream.

ALL-FRUITS ICE (*Gelato de Tutti-Frutti*)

1 cup pistachio nuts	4 ounces candied orange peel
or almonds, blanched	Kirsch
4 ounces candied cherries	1 quart pineapple sherbet
4 ounces candied apricots	1 quart orange sherbet

Soak nuts and fruits in kirsch to cover until soft. Spread 1 pint of pineapple sherbet in a thin layer in the bottom of a 2 quart mold. Set mold in a mixture of ice and salt. Dice fruit and nuts, add to orange sherbet and pack down well on first layer. Fill mold to a little above the edge with remaining pineapple ice, press lid on tightly, seal joints with a buttered strip of muslin, pack in salt and ice and freeze 2 or 3 hours.

This ice is a general favorite in Italy, each sorbetajo (maker of ices) having his own formula. The candied fruits are soaked until soft in lemon- and vanilla-flavored syrups; in maraschino, kirsch, or any desired liquor.

Other combinations of fruits are used; pears, figs, angelica, preserved ginger and cumquats give a pleasing variety. Almonds, pistachios, chestnuts, and hazelnuts soaked in hot syrups until soft, and chopped fine, are added to fruits.

ORANGE GRANITE (*Granita d'Arancia*)

3 cups orange juice	1 quart water
2 cups sugar	

About 1 dozen oranges are needed. Peel six of them, remove every bit of the white and cut in thin slices; lay these in a dish, sprinkle with sugar and let stand 3 to 4 hours to make a rich syrup; then drain. Squeeze juice of remaining oranges into this. Add water, mix well, and strain into freezer. When half

frozen, like wet snow, fill small glasses and serve. These ices are delicious but will not stand.

STRAWBERRY GRANITE

(*Granita di Fragola*)

1 $\frac{1}{3}$ cups strawberry juice 2 tablespoons lemon juice
2 $\frac{2}{3}$ cups sugar 1 quart water

Mash berries. 1 heaping quart of ripe berries will suffice. Cover with sugar and let stand several hours to form a rich syrup. Then strain, add lemon juice and water, put in freezer and freeze until mixture has a snowy, frosty look. Serve in tall, thin glasses. Raspberry granite is made the same way, substituting raspberries for strawberries. Any summer fruit drink may be served as a granite if prepared and frozen as above.

In Italy, France and Spain, wherever freezers are wanting, granites are frozen in wide-mouthed water-jugs or bottles. These are filled with the fruit mixture, set in ice and salt, and stirred with a spatula. As ice forms on the sides it is scraped down and mixed with the liquid.

POMONA SHERBET

1 quart fresh sweet cider 1 pint orange juice
3 cups granulated sugar

Mix well; let stand 2-3 hours, stir thoroughly, then freeze hard. Let ripen 2-3 hours packed in ice-salt mixture.

PEACH SHERBET

(*Sorbetto di Pesche*)

1 quart peach pulp 1 pint orange juice
3 cups granulated sugar

Mix thoroughly peach pulp, orange juice and sugar, let stand 2-3 hours, stir well, put in freezer and freeze hard. Let ripen 2-3 hours packed in ice-salt mixture.

There are many other excellent combinations; such as pineapple, orange and lemon; strawberry, raspberry and currant; grape, with cherry and plum. As these fruit sherbets are made without water, they are very rich in body and luscious in taste.

PINEAPPLE SHERBET

(Sorbretto di Ananasso)

1 large ripe pineapple	1 quart water
2 cups granulated sugar	2 tablespoons lemon juice
2 tablespoons orange juice	

Peel, slice and pound pineapple to a pulp. Put through a strainer. Boil sugar and water to a syrup and let cool. Add fruit juices and pineapple. Strain through a muslin cloth and freeze.

ROMAN PUNCH

(Ponce alla Romana)

1 quart water	2 cups powdered sugar
Juice of 3 large lemons	1 cup Jamaica rum
Grated rind (yellow only) of 1 lemon	

Mix all ingredients in a bowl, except rum. Beat 5 minutes, add rum, beat 2 minutes, then strain into freezer, and freeze.

TUTTI-FRUTTI

1 pint vanilla ice cream	2 ounces candied angelica,
4 ounces candied cherries,	shredded
halved	1 pint raspberry water ice
2 ounces candied orange,	1 pint pistachio ice cream
shredded	Maraschino sauce

Line a chilled 3-pint mold with vanilla ice cream. Scatter over it $\frac{1}{2}$ the fruit, thoroughly mixed. Spread water ice over fruit and fill in with pistachio ice cream. Cover tightly. Pack in ice and salt for $1\frac{1}{2}$ hours. Serve with Maraschino sauce.

MARASCHINO SAUCE

1 cup whipping cream 2 tablespoons maraschino
 ¼ cup powdered sugar

Put cream in a bowl set in chopped ice. Add maraschino and beat, adding sugar gradually until it becomes a stiff froth. 1 tablespoon of rum may be used in place of the maraschino.

NEAPOLITAN BISCUITS GLACES

1 cup granulated sugar ½ teaspoon lemon extract
⅓ cup water 1 teaspoon vanilla or any
8 egg yolks desired liqueur
 1 quart whipping cream

Combine sugar and water and cook together 3 minutes. Add to beaten egg yolks, stirring constantly. Cook over hot water until mixture coats a spoon. Add flavorings and beat until cold. Whip cream until it begins to thicken and hold its shape, then fold in lightly. Fill molds and pack in ice and salt.

BREADS AND CAKES

CHESTNUT SWEET BREAD

(*Castagnaccio*)

Add to chestnut flour a little salt and sufficient water to make a firm dough. Knead in broken walnut meats, bits of blanched almonds, raisins, or currants, and form into a round loaf. Cover bottom of a frying pan (a copper one is used) with olive oil, put in dough, sprinkle top with oil and bake in moderate oven. This sweet bread is popular throughout Northern Italy, where chestnuts form a good part of the peasant's fare.

ITALIAN SWEET BREAD

1 cup butter	2 cups flour, sifted
1 cup granulated sugar	$\frac{1}{4}$ pound candied fruit peel,
6 eggs	shredded

Cream butter in a warm bowl. Add sugar gradually and beat until mixture is light and creamy. Add eggs; 2 at a time, beating mixture well after each addition. Stir in flour. Butter a long narrow pan. Alternate in it a layer of batter and one of fruit until all are used. Bake in a hot oven (375° F.).

Because Italy is a wine country the early development of bread making was through the use of eggs rather than brewer's yeast.

NEAPOLITAN BREAD

Grated rind (yellow only)	1 egg, well beaten
of 1 orange	$\frac{1}{2}$ pound Italian almond paste

Mix orange rind with paste, divide into small pieces size of a walnut; roll these lengthwise about $\frac{1}{2}$ inch thick; braid three together; brush over with beaten egg and bake in a moderately hot oven (375°F.). The paste may also be rolled into long thin rolls, braided together and then cut into $2\frac{1}{2}$ -inch lengths.

CHRISTMAS CAKE

(*Panettone di Natale*)

$\frac{1}{2}$ compressed yeast cake	$\frac{1}{2}$ teaspoon salt
$\frac{1}{4}$ cup granulated sugar	2 tablespoons candied citron,
Lukewarm milk	chopped
1 cup butter	$\frac{1}{4}$ cup seedless raisins
4 eggs	2 tablespoons almonds, shredded
2 cups cake flour	2 tablespoons candied orange
1 teaspoon vanilla	peel, chopped

Crumble yeast with 1 teaspoon of the sugar and dissolve in $\frac{1}{4}$ cup lukewarm milk. Let rise until light and bubbly. Cream butter with remaining sugar. Break eggs into a measuring cup, fill up with milk and beat slightly. Sift flour and salt together and mix with fruit. Stir into creamed butter and sugar mixture alternately with eggs and milk. Add risen yeast and beat to a smooth batter. Flavor with vanilla. Butter a tube pan, sprinkle with the almonds and fill $\frac{3}{4}$ full of the mixture. Cover closely and let rise over night. Bake 50 to 60 minutes in a moderately hot oven (375°F.).

Pizza, a pastry filled with fruit and eggs, is another favorite Christmas cake.

GENOESE CAKES

(*Pane di Genovese*)

$1\frac{3}{4}$ cups cake flour	4 eggs
2 cups powdered sugar	2 tablespoons brandy
$\frac{1}{4}$ teaspoon salt	1 cup butter, softened

Put all ingredients except butter in a bowl and mix well together. Work in butter thoroughly. Pour batter about $\frac{1}{4}$ inch deep into buttered, lightly floured pan. Bake in a moderate oven (350° F.).

This cake is the foundation of innumerable small fancy and large cakes. It is cut into squares, rounds, and any desired shapes, and ornamented with icings, meringues, colored jellies, candies, nuts, etc. The recipe is doubled for larger cakes. Small fruited cakes are made by adding a few raisins or shredded candied fruit to batter. Place in buttered patty pans, put on to baking sheet covered with a thick layer of ashes and bake in moderate oven.

NEAPOLITAN CAKE

$3\frac{1}{2}$ cups cake flour	1 cup butter
1 cup sugar, finely sifted	5 egg yolks
2 cups blanched almonds, ground	Grated rind of 2 oranges
	$\frac{1}{4}$ teaspoon salt

Put ingredients into a bowl, and work to a smooth dough. Knead the dough into a roll the size of a rolling pin, wrap in wax paper and leave on ice for 1 hour. Cut roll into 10 or 12 equal slices. Roll these out in rounds about 7 inches in diameter, place in buttered layer-cake tins, trimming to fit; prick well with a fork and bake in a moderate oven (350° F.) to a delicate brown. When done lay them on a marble slab or table and cover with a baking sheet to keep them straight while cooling. Pile in tiers with jelly, marmalade or cream filling between layers. 3-inch rounds may be cut from center of each layer before baking, and the hollow filled with whipped cream, flavored and sweetened to taste.

CHESTNUT CAKES

1 pound chestnuts	$\frac{3}{4}$ cup granulated sugar
$\frac{1}{4}$ cup butter	$\frac{1}{2}$ teaspoon vanilla
2 or 3 tablespoons whipped cream	1 egg yolk

Cook chestnuts on a gridiron over a clear fire until the skins will come off easily. Peel and put them into a mortar with butter and a little whipped cream. Pound well, then rub through a wire sieve, being careful that the purée is not too wet. Put purée into a bowl and add sugar, then vanilla, and form mixture into small cakes. Put on a buttered baking sheet, make a slight incision on top of each, brush over with egg yolk and bake in hot oven (400° F.).

MERINGUE

2 cups granulated sugar	½ teaspoon vanilla or 1 tea-
½ cup water	spoon any desired liqueur
6 egg whites	

Put sugar and water over fire in saucepan and stir until sugar is dissolved. With a damp cloth wipe away any drops of moisture that may form on sides of pan and cook without stirring until syrup will spin a long thread from tip of spoon. Remove, add flavor, and set pan in a bowl of cold water. Beat egg whites until stiff but not dry. Pour into syrup. Beat until mixture is a cold smooth paste. This is used in making meringue shells and fancy small cakes, also for decoration and to combine with whipped creams and ices; in fact, the Italian chef with pastry bag and tube, plus imagination and patience, performs magic with this paste, which is first cousin to our own boiled frosting.

ITALIAN MACAROONS

(Biscotto di Mandorle)

6 egg yolks	1½ cups cake flour, sifted
2 cups powdered sugar	6 egg whites
¼ teaspoon salt	1½ cups blanched almonds,
1 teaspoon orange rind, grated	shredded

Combine egg yolks, sugar, salt and grated orange rind and beat until thick and creamy. Stir in ½ the flour. Beat egg whites until stiff but not dry and fold in ½ of them. Add re-

maining flour and egg whites, alternately. Put mixture into a pastry bag and squeeze out in rounds and ovals about 3 inches in diameter on buttered and floured baking sheets. Sprinkle almonds on top and bake in a moderate oven, (350° F.) until they are delicately browned.

ITALIAN ALMOND PASTE

1 cup blanched almonds	3¼ cups sifted cake flour
5 egg yolks	1½ cups butter
2 cups powdered sugar	1 egg
Grated rind of 1 lemon	

Pound almonds with 4 egg yolks and 1 tablespoon sugar to a paste. Sift flour on to pastry board, and make a well in center. Put in butter, almond paste, remaining yolk, whole egg and lemon rind. Work this with hands to a stiff dough and leave on ice 1 hour before using.

DATE MERINGUES

3 egg whites	½ cup blanched almonds,
1⅛ cup powdered sugar	chopped fine
½ cup pitted dates, chopped fine	4 drops bitter almond extract

Beat egg whites till stiff, but not dry. Add sugar gradually, then dates and almonds. Shape with spoon on a baking sheet covered with heavy paper. Flavor with almond. Bake 45 to 50 minutes in slow oven (250° F.).

SWEET DUMPLINGS

(*Gnocchi Dolci*)

5 egg yolks	¼ cup sifted bread crumbs
2 egg whites	1 cup milk
1 tablespoon granulated sugar	2 tablespoons butter
1 cup cake flour	1 tablespoon grated orange rind
Pinch salt	¼ cup powdered sugar
¾ teaspoon cinnamon	

Combine 3 egg yolks, 2 egg whites, sugar, flour, salt and milk in a bowl and stir together thoroughly. Strain into a double boiler. Add butter and cook until mixture begins to thicken, stirring constantly. Cook 5 minutes longer, stirring vigorously. Remove from heat, pour into a bowl and add 2 remaining egg yolks and orange rind. Put mixture on to a well-floured board, shape into small balls and flatten slightly. Drop into boiling water and cook for 2 minutes, remove pan to side of stove and allow to stand 5 minutes. Remove dumplings, drain and arrange in layers on a hot dish. Sprinkle with the combined powdered sugar, cinnamon and bread crumbs, brush with butter and serve.

FARINA SOUFFLE

¼ cup farina	¼ teaspoon salt
2½ cups milk	½ cup blanched almonds, cut
2 tablespoons butter	fine
6 eggs	4 drops almond extract
¼ cup granulated sugar	2 ounces seedless raisins

Cook farina with milk in double boiler until thick, add butter and cool. Beat egg yolks with sugar and salt and mix into farina when cold; add almonds, extract and raisins, and mix well. Beat egg whites until stiff but not dry and fold in. Put in a buttered pudding dish and bake 40 to 45 minutes in a moderate oven (350° F.). Dust with powdered sugar and serve with cream of wine sauce.

CORN MEAL SOUFFLE

(Soufflet di Farina)

3 cups milk	¼ cup granulated sugar
½ cup butter	Grated rind of 1 lemon
¼ teaspoon salt	8 egg yolks
1 cup corn meal	8 egg whites
	Marmalade

Scald milk with tablespoon of the butter and the salt. Stir in corn meal very slowly and cook to a smooth thick paste. Remove from heat and cool. Cream remaining butter with sugar, add grated lemon rind. Beat in egg yolks thoroughly, add cooled paste. Beat egg whites until stiff but not dry and fold into mixture. Put a 2-inch layer of the mixture into a buttered pudding dish, spread marmalade over it and continue to alternate, having top layer of mixture. Serve with Marsala wine sauce.

SWEET PASTIES

(Dolce Ravioli)

1 $\frac{3}{4}$ cups pastry flour	1 egg white
1 $\frac{1}{2}$ tablespoons butter	2 egg yolks
1 $\frac{1}{2}$ tablespoons lard	2 tablespoons granulated sugar
Water	$\frac{1}{2}$ teaspoon vanilla
$\frac{1}{2}$ pound cottage cheese or milk curd	Powdered sugar

Mix first 4 ingredients to a stiff dough and roll out thin. Combine remaining ingredients and put by teaspoonfuls on 1 side of pastry, about 2 inches from edge and 2 inches apart. Fold over edge to cover piles. Cut into squares with mixture in the center of each square. Seal edges securely. Fry in hot fat to a golden brown. Serve with powdered sugar.

CHESTNUT FRITTERS

(Fritella di Castagna)

1 cup chestnuts, shelled and peeled	1 tablespoon granulated sugar
1 cup milk	$\frac{1}{4}$ teaspoon vanilla
$\frac{1}{4}$ teaspoon salt	3 egg yolks
1 tablespoon butter	$\frac{1}{2}$ cup sifted bread crumbs
	Powdered sugar

Add chestnuts to salted milk and simmer until tender. Drain and mash through a sieve. Add butter, sugar, vanilla

and 2 of the egg yolks. Mix well and cool. Take a spoonful at a time, roll into balls and dip in remaining egg yolk which has been beaten. Dip in crumbs and fry in hot fat. Drain, sprinkle with powdered sugar and serve hot.

CORNMEAL FRITTERS

(Fritelle di Polenta)

1 cup milk	1 tablespoon butter
1 tablespoon granulated sugar	1 egg yolk
Few grains salt	1 teaspoon grated lemon rind
½ cup cornmeal	1 egg, well beaten
¼ cup sifted bread crumbs	

Put milk, sugar and salt into double boiler and bring to a boil. Add cornmeal slowly, constantly stirring; then let it boil gently 20 minutes. Remove, and stir in the butter, egg yolk, and lemon rind. Turn mixture on to a dampened board and spread about ½-inch thick. Cool, cut into rounds or squares, dip in beaten egg, and then into bread crumbs, and cook in deep hot fat. Drain, sprinkle with sugar and serve hot.

CHERRY FRITTERS

1 ⅓ cups flour	1 egg, well beaten
¼ teaspoon salt	Fresh cherries
1 tablespoon granulated sugar	Sweet butter
2 teaspoons baking powder	Powdered sugar
⅔ cup milk	Cinnamon

Sift flour with salt, sugar and baking powder. Add milk gradually, stir to a smooth batter and add beaten egg. Select big cherries with stems, tie in small bunches at stem ends. Put a few bunches into a frying pan with enough sweet butter to fry them and drop a small amount of the batter around them. When the batter is set and nicely brown, remove fritters to a hot plate. Sprinkle with sugar and cinnamon; serve hot.

PINE NUT TARTS

(Torta col Pinoli)

$\frac{3}{4}$ teaspoon salt	$\frac{1}{3}$ cup granulated sugar
1 small stick cinnamon	1 tablespoon butter
1 quart milk	2 eggs, well beaten
$\frac{1}{2}$ cup white corn meal	Pastry dough
$\frac{1}{2}$ cup pine nut meats	1 egg yolk
Powdered sugar	

Combine salt, cinnamon and milk in top part of double boiler, bring to a boil and stir in corn meal slowly. Cook $2\frac{1}{2}$ hours. Blanch pine nuts and chop coarsely. Remove cinnamon from corn meal, stir in sugar, butter, nuts and eggs. Butter a shallow pie tin (not over 1 inch deep) and line it with thinly rolled pastry. Brush with beaten egg yolk. Bake in a moderate oven (350° F.) until brown. Dust with powdered sugar and serve cold.

PASTRY DOUGH

Mix to a soft dough, but firm enough to roll out well, $1\frac{1}{2}$ cups pastry flour, $\frac{3}{4}$ cup butter, $\frac{3}{4}$ cup sugar, and 1 egg. Add Marsala wine if more liquid is required.

GENOESE PASTRY

(Torta di Genovese)

$\frac{1}{4}$ cup butter	2 egg yolks
$\frac{1}{2}$ cup sifted granulated sugar	1 cup sifted pastry flour
$\frac{1}{2}$ cup blanched almonds	$\frac{1}{2}$ teaspoon vanilla
Orange flower water	Apricot jam
4 egg whites	1 teaspoon lemon juice
Confectioner's sugar	

Cream butter, add sugar and beat until creamy; pound almonds with a little orange flower water to a paste and add to creamed mixture. Add 2 egg whites, one at a time, and egg

yolks separately. Stir flour in gradually and add vanilla. Line rim of a pie tin with a border of rich puff paste, pour in mixture, and bake in moderate oven (350° F.). Remove when done and spread a layer of apricot jam on top. Make an icing with remaining egg whites, lemon juice, and enough confectioner's sugar to thicken to the consistency of butter. Spread over pie. Serve cold.

ALMOND PUDDING

(*Budino di Mandorle*)

2 egg yolks	Juice of 1 lemon
1 cup powdered sugar	1 cup almonds, grated
Grated rind of 1 lemon	2 tablespoons cracker crumbs
4 egg whites	

Beat egg yolks to a cream with sugar, lemon rind and juice, grated almonds and cracker crumbs. Beat egg whites until stiff but not dry, and fold in. Bake in a moderate oven (350° F.). Serve cold with lemon sauce.

1 cup of boiled rice may be used instead of almond meal, if desired.

BLACK PUDDING

(*Budino Nero*)

1½ cups light brown sugar	⅓ teaspoon salt
1½ cups blanched almonds, chopped	6 egg whites

Put sugar into a saucepan and as soon as it begins to color, stir in almonds and salt. Turn into slightly buttered dish to cool; then pound to a powder and put through a sieve. Beat egg whites until stiff but not dry, fold in powdered almonds, and place mixture in a buttered mold. Cover, put on a trivet in a pan of boiling water and poach gently. Serve cold.

CHOCOLATE PUDDING

3 cups milk	1 cup honey
2 tablespoons grated lemon peel	$\frac{1}{4}$ teaspoon mace
4 squares unsweetened chocolate	3 ounces bread crumbs
$\frac{1}{2}$ cup blanched almonds, ground	Puff paste
2 ounces candied orange peel, chopped fine	

Scald milk with grated lemon peel, gradually add to grated chocolate and stir until smooth. Cool, mix in almonds, orange peel, honey, spice, and bread crumbs. Cook in double boiler until well thickened. Line a buttered cake tin with a thin puff paste and spread mixture in it. Bake in moderate oven (350° F.).

LITTLE CREAM PUDDINGS

4 egg yolks	Powdered macaroons or
$\frac{1}{2}$ cup granulated sugar	Grated cheese or
$\frac{1}{2}$ teaspoon vanilla	Nutmeg or grated lemon
3 cups light cream	rind

Beat egg yolks with sugar and vanilla and stir in cream. Pour into buttered custard cups. Set in a pan of hot water on top of stove, cover with paper and boil until custards are firm. Remove cups from water and chill. Before serving, sprinkle with powdered macaroons, grated cheese, nutmeg or grated lemon rind.

MILK OF ALMOND RICE PUDDING

$\frac{1}{4}$ cup rice	4 drops almond extract
2 cups boiling water	1 cup blanched almonds
1 teaspoon salt	2 tablespoons cream
Rind of $\frac{1}{4}$ lemon	$\frac{3}{4}$ cup powdered sugar

Wash rice and pour into boiling water with salt, lemon rind and almond extract. Cook in double boiler 12 minutes. Pound almonds with cream in a mortar. Strain through a cheese cloth, rubbing all liquid through. Remove rice from fire, take

out lemon rind, stir in powdered sugar and add almond milk. Return to heat and cook 12 minutes longer, stirring frequently. Pour into a hot dish and serve.

TAPIOCA PUDDING

4 ounces pearl tapioca	4 eggs
1 quart scalded milk	1 teaspoon vanilla
1 cup powdered sugar	$\frac{1}{2}$ teaspoon salt

Soak tapioca one hour in cold water to cover, and drain. Add to hot milk and cook 30 minutes in a double boiler. Take from fire, cool, add sugar and stir 1 minute. Beat eggs, add vanilla and salt to them and combine with tapioca, beating 2 minutes longer. Butter and sugar six cup molds, fill with mixture and set in baking pan filled to half the height of molds with warm water. Bake 35 minutes in moderately slow oven (325° F.). Serve with sago wine sauce.

VERMICELLI PUDDING

Make as for tapioca pudding, substituting 4 ounces of vermicelli for tapioca. Serve with brandy sauce.

MARSALA WINE SAUCE

1 tablespoon flour	$1\frac{1}{2}$ tablespoons butter
3 tablespoons cold water	$\frac{1}{2}$ cup granulated sugar
1 cup boiling water	1 cup Marsala

Mix flour with cold water. When smooth add boiling water, stirring constantly. Heat; add butter in small pieces, and cook 5 minutes, stirring constantly. Add sugar and wine, and serve.

SAGO WINE SAUCE

2 ounces sago	1 cup claret
1 cup water	Juice of 1 orange
$\frac{1}{2}$ cup granulated sugar	2 tablespoons rum

Soak sago 2 hours in water, then boil in same water until clear, add sugar, claret and orange juice and stir until mixture thickens, then add rum. Serve with cereal puddings.

ROASTED CHESTNUTS

Make a gash on one side of fine large Italian chestnuts. Put them on a pan with a perforated bottom, place over a moderate fire and when they are cooked wrap them in a cloth for 10 or 12 minutes. Serve with salt and butter.

SUGARED CHESTNUTS

Roast chestnuts as for the table, remove skins and cut in halves. Dip the halves, one at a time, in well-beaten egg white, then roll them in powdered sugar and lay on paper in a slow oven (250° F.) to dry. Do not touch until dry.

CHESTNUT AND RAISIN COMPOTE

(Composto di Frutta)

1 pound chestnuts	1-inch stick cinnamon
2 teaspoons olive oil	$\frac{1}{4}$ teaspoon allspice
1 pound Sultana raisins, seeded	$\frac{1}{4}$ teaspoon cloves
Juice and grated rind $\frac{1}{2}$ lemon	$\frac{1}{2}$ cup granulated sugar

Score chestnuts on flat side with sharp knife; parboil 5 minutes, drain, put in frying pan with olive oil and shake over a hot fire for 5 minutes; then remove brown skins with outer shells. Cover with salted boiling water, cook gently until tender and drain. Put raisins in a bowl with lemon juice and rind and spices. Cover with water and simmer over fire until water is nearly absorbed. Add sugar, mix in chestnuts and cook until well blended.

PEACH COMPOTE

6 ripe peaches 1 cup red wine
6 tablespoons powdered sugar 1-inch stick cinnamon
1 teaspoon grated lemon peel

Pare and slice peaches, sprinkle with powdered sugar and set aside. Put wine, cinnamon, and lemon peel into a pan, boil 4 or 5 minutes and strain over peaches. Cover and let stand 2 hours before serving.

FIGS ROMAN STYLE

(Fiches alla Romana)

Line individual bowls with split lady fingers. Put in bottom of each a layer of vanilla ice cream, then place a ripe fig, peeled and quartered, over cream. Sprinkle over with Marsala, cover with a maraschino sauce, and dust with powdered macaroons. Serve bowls in plates of ice.

Judging from the wealth of figs in Italy the Garden of Eden must have been located there. Italian figs range in size from tiny plums to mammoth peaches and in color all the way from black to white. The greens, purples and reds are especially delicious. Placed side by side in accordance with the spectrum, they form a radiant and appetizing rainbow of both taste and color, for each variety has a flavor as distinctive as its hue.

TUTTI-FRUTTI CONSERVE

Use a wide-mouthed gallon jar, either porcelain or glass, with a tight-fitting cork. Put in 1 pint of brandy and add fruits, following the season. Start with strawberries, and to every pound of fruit add 1 pound of sugar. Put fruit in when fresh and stir with wooden spoon. Remove hulls and stems from berries, remove pits from all pitted fruits; plums, peaches, and

apricots should also be pared. Grapes must be seeded, but the skins may be left on or not, according to taste. When the last fruit is added, let stand for a week, then it is ready to use. Keep jar well corked, except when putting in fruit and stirring. Keep in a cool, dry place. The juice makes excellent pudding sauce. Add a little water and thicken. It also is a fine accompaniment to fruit ice creams and of course the brandied fruit jazzes up a tutti-frutti ice.

ITALIAN COTTAGE CHEESE

(*Formaggio*)

7 tablespoons powdered sugar	2 tablespoons Marsala wine
Juice 3 lemons	1 quart cream

Mix sugar, lemon juice and wine in a bowl. Add cream, beating in a little at a time. Whip until mixture is quite thick. It will take about 30 minutes. Lay a muslin cloth over a hair sieve and pour in cream. Let stand 12 hours and drain; then turn out and garnish with flowers.

This dessert combines deliciously with a wine dinner.

WINES

(*Vinos*)

OF WINES

Non in solo pane vivit homo

(Man does not live by bread alone)

This ancient saying is especially suited to the Italians, for they lead the world in the quantity of wine drunk with meals. The French, of course, pay more attention to vintage and quality and though on occasion they do serve champagne in half gallon magnums and full gallon Jeroboams, these are nothing in size, compared to the demijohns, nay carboys, of Italian Chianti that hold five and ten gallons apiece. Such giant bottles are used at parties and even then there's not enough to go around. In wine-drinking, as in everything else, the French are thrifty and serve *un quart* ($\frac{1}{4}$ litre, approximately $\frac{1}{2}$ pint) with the table d'hôte, but the Italians are world-record spendthrifts of red ink. In the famed red-wine section of Tuscany, where a lunch of wine, cheese and bread is usually taken right in the wine shop itself, the festive straw-covered bottle is as big and round as a bowling ball and holds about three quarts, which is just twelve times as much as the customary tumbler-full of France. The Tuscany measure is called a fiasco and one is allotted to each individual, although he needn't drink it all, for after the finger bowl is served, the cameriere (waiter) removes the bottle, accurately gauges the amount consumed and charges accordingly. This fiasco, whose name has nothing to do with "failure" as we use it, is an oddity among bottles, because it has neither cork nor

stopper of any kind. It is sealed air tight by a small quantity of olive oil floated in on top and when the wine is required for drinking this is blotted up with absorbent waste or neatly tossed out of the neck. Before cork came to Italy from Spain a piece of tow dipped in oil was the original stopper.

This ancient duchy of Tuscany includes the romantic old towns of Florence and Siena, celebrated down the centuries for climate and vineyards that combine to produce the great Chiantis and Rufinas. Its other red wines are Artimino, Carmignano, Montalbano, Monte Pulciano, Montalcino and Monte Argentario. The red muscat wine of Aleatico is the sweetest of the lot, it is more purple than red and therefore called nero, (black). Monte Pulciano is the best known produce of Aleatico, but it has serious rivals in Monte Catini, Val de Rievole and Ponte a Moriano. The wines of this whole province usually appear with the entree and are drunk straight through the meal. The two outstanding whites of Tuscany are Elba and Pomino, and the famed Est, Est, Est is grown nearby. There used to be a greenish vintage, too, Verdea of Arcetri, near Florence, which was the favorite beverage of Frederick the Great.

The story of Est, Est, Est has been told many times, though probably never before in a cook book. A German prelate, Bishop Fuger, liked this white wine so well that he drowned himself in it, by consuming flagon after flagon. It seems that this bibulous clergyman, before undertaking a trip from his Prussian parish to pay his respects to the Pope at Rome, sent a courier ahead to spot Italian taverns where he could be sure of getting the best wine. The advance agent was to chalk the word "Est," it is, or this is it, on the door of the inns that would best suit the Bishop, but when he came to a little village between Florence and Rome he found such a surpassing tippie that he wrote Est! Est! Est! Here it is! This is it! Oh, Bishop! So when the Reverend Fuger got there and found the nectar simply great,

he just relaxed and polished off so much Est! Est! Est! that he died before reaching Rome, and his tomb-stone is still in the vicinity to prove it.

Another remarkable white wine is that of Orvieto, which also comes in red and is sold at every railroad station in distinctive squat bottles. Trebbiano is a golden juice made, as is the remarkable Château d'Yquem of France, from grapes gone too far raisinward perhaps to be eaten, yet all the more luscious when fermented. Other regional aristocrats come from the old ducal estates of Artimino and of Carmignano. There are as well distinctive wines of Nipozzano and Altomena. This finishes off the Tuscany types worthy of being bottled for sale, but there are countless others unclassified, mere vino del paese or table wines, on draught in all wine shops.

In the foothills of the Alps, Piedmont provides sparkling Asti, the Italian champagne, Bosca, and Chaumont. Turin turns out a good many pipes of wine both white and red, but they're not so hot. Yet the Grignolinos, Freisas, Barberas, Nebiolos and Barolos, both still and spumanti (sparkling) uphold the whole Province. There are the white wines, as well; Gavi, Cortese and Castel Tagliolo, which precede the entree at table and go well with antipasto and fish.

Such a paralyzing variety of sound wines that the best we can do without writing a whole book on the subject is to list a few noted vintages under their chief centers of consumption:

Rome: Frascati (white, served with the entree), Marino, Genzano and the muscatels of Albano and Montefiascone.

Naples: Falerno, Vesuvio, Gragnano and the strong Lacrima Christi, "tears of Christ," celebrated for centuries, so the genuine is hard to get. Lacrima Christi is grown on Mount Vesuvius and goes up to 18% in alcoholic content, but its regional neighbors, Gallipoli and Taranto, go even higher, up to 25%. Naples

gets credit, too, for the straw-colored and strawberry-hued island wines of Capri.

Venice: reds: Valpolicella, Bardolino and Cabernet Pinot; whites, The Soave of Verona and Terralba of Padua. Since the war the fine Bolzano and Merano wines of Austria have been added to the wine-producing territory dominated by Venice.

Lombardy: this Province produces reds exclusively and they are generally astringent and of little value: Inferno, Broni and Grumello are among the best.

Sardinia: The Malvasia dessert wines of Garnaccia, Monai and Caunona are golden and delicate. Rosso del Campidano is the best red wine produced on the island.

Sicily is noted for its Marsala, perfect both for drinking and cooking. Its table wines, of which Corvo di Casteldaccia is chiefly exported, are stronger than most; Terre Forte originally bottled by Benedictine monks on the slopes of Mount Etna was said to be 30% alcohol. Perhaps the fiery strength of these vintages comes from the extinct volcanoes on which they are grown, for surely those from tame mountain-sides are milder.

Sicily supplies a good many dessert wines, the muscatels, or moscatos, of Salento and Zucca, as well as the sanctified *Vino Santo*. But Marsala is its greatest contribution; amber-colored and excellent for cooking, in taste it resembles sherry, or sherry and malaga mixed; but since it is reinforced with brandy before being shipped, it is pretty heady for drinking purposes.

The scarcity and impurity of water throughout Italy is, of course, responsible for the great consumption of wine. When an Italian travels he doesn't think of drinking water, so the railroad stations are stocked with wines and the big ships equipped with glass wine vats as large as swimming pools, filled to the brim with red and white wine.

The little water that is drunk in Italy is bottled at celebrated springs, such as San Pellegrino and Fonte Bracca. Beer has

become increasingly popular since Italy took over great hunks of Austria, including Trieste. But unless imported from Munich or Pilsen, it's hardly worth mentioning.

As we have seen, some Italian wines are sufficiently strong to serve as hard drinks in themselves; and since a hot climate is not inducive to schnapps, we find comparatively little native brandy drunk. This is called Grappa, not because of the grape from which it is distilled, as we might guess, but after Monte Grappa, a mountain on the Austrian border, where Italy begins to shiver in winter.

Of apéritifs the most popular is Cinzano, or Martini and Rossi vermouth, from which our own Martini cocktail got its name. Both of these are aged white Sicilian wines doctored up with bitters or herbs, and because they are sweeter than the French vermouths they do not serve so well in exciting the appetite. Fernet Branca is another life-saver of this sort, and there are other tonic mixtures of wine and quinine, called Quinados.

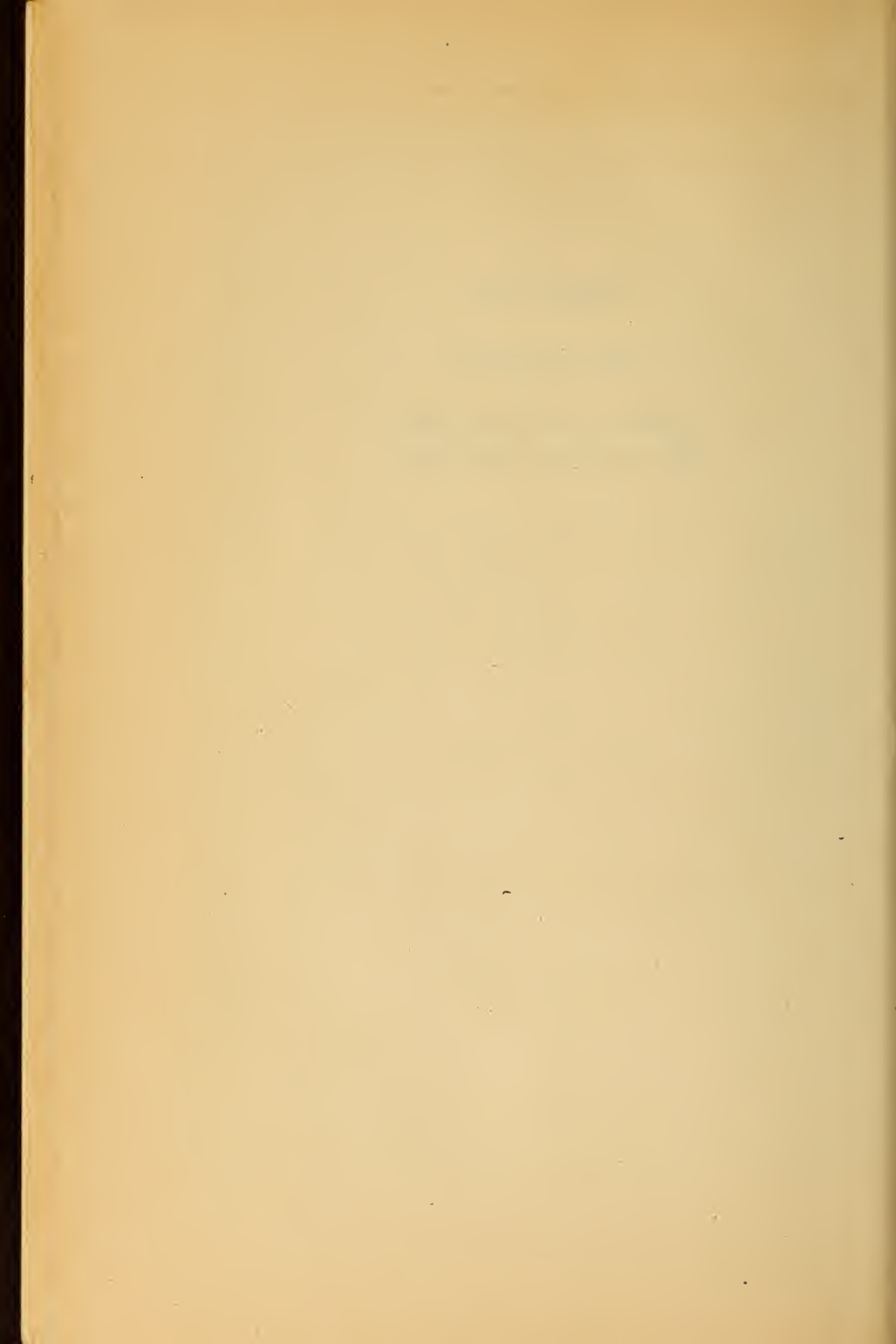
In a fascist country we expect regimentation, but the only strait-jacketing of drinks is the standardization of Strega as the national liqueur. It is distilled of oranges and comes in two colors, one sweet and the other sweeter. Maraschino made in Dalmatia from the celebrated cherries must now be classed, through conquest, among the Italian distillations, although it bears no relation to them and is properly a teutonic kirschwasser, though much more syrupy.



Book Two

SPANISH

¿Quiere Usted Comer Bien?
(Do you wish to dine well?)



MENUS

LA LISTA, (OR)
LISTA DE LOS MANJARES DISPUESTOS
PARA COMER
(*Bill of fare*)

ALMUERZA
(*Luncheon*)

Huevos en Toledo
(Eggs Toledo Style)

_____ *White Wine*

Bifes con Pinhones
(Little Beef Steaks with Pine Nuts)

_____ *Red Wine*

Alcachofas Rellenos Fritas
(Fried Stuffed Artichokes)

Codornices Asados
(Baked Quail)

_____ *Red Wine*

Turbinas
(Fried Bread in Sauce)

_____ *Malaga*

Queso
(Cheese)

Café

ALMUERZA
(*Luncheon*)

Huevos con Tomate
(Eggs with Tomato)

Caldo del Cosido
(Broth of the Olla Podrida)

Olla Podrida

Caza Menor Asada
(Small Game Birds Baked)

Espárragos en Salsa
(Asparagus in Sauce)

Frutas
(Fresh Fruits in Season)

Pallitos de Almendras
(Almond Straws)

Quesos
(Assorted Cheese)

Café

Red Wines throughout the meal

ALMUERZA

(Luncheon)

Huevos con Alcachofas
(Eggs with Artichokes)

White Wine

Arroz a Banda
(Rice with Trimmings)

White Wine

Lengua de Vaca Asada
(Baked Smoked Ox-tongue)

Apis en Salsa
(Celery in Sauce)

Red Wine

Frutas
(Fruits)

Red Wine

Quesos
(Assorted Cheeses)

Red Wine

Café

ALMUERZA

(Luncheon)

Coca de Sobresada
(Sausage Bread)

Ensalada de Vegetals
(Vegetable Salad)

Fritadas de Huevos
(Scrambled Eggs)

Tenera con Espárragos
(Veal with Asparagus)

Crema de Vinho de Jerez
(Sherry Cream)

Queso
(Cheese)

Café

White Wines throughout the meal

COMIDA
(Dinner)

Entremesas
(Hors d'Oeuvres)

Anchovies, sardines, shrimp, tunny fish, snips of ham, radishes, olives, individual molds of jellied vegetables, small portions of green and vegetable salads, etc.

Dry Malaga

Sopa Real
(Royal Soup)

Arlequin de Merluza
(Harlequin of Codfish)

Fricase de Pollos
(Fricassee Chicken)

Pudim de Patatas
(Potato Pudding)

Diamante (White)

Rosbif Españolizado
(Roast beef Spanish Style)

Alcachofas Escardiadas
(Frosted Artichokes)

Rioja (Red)

Torrijas de Almendras
(Fried Almond Paste)

Café

Anis del Mono

COMIDA
(Dinner)

Ostras
(Oysters)

Rábanos
(Radishes)

Anis
(Sweet Fennel)
Manzanilla

Sopa Economica
(Every-day Soup)

Alosa Asada
(Roast of Shad)

Marques de Riscal (White)

Pastillos Saboyanos
(White Petticoat Pies)

Favo Asado
(Roast Young Turkey)

Espárrago de Modo
(Asparagus à la Mode)

Judias Verdes
(Green Kidney Beans)
Alicante (Red)

Liebro Asado
(Roast Hare)

Marques de Riscal (Red)

Sorbet de Rosa
(Rose Sherbet)

Café

Aguar Diente de Chinchon
(A fine Spanish Brandy)

COMIDA (Dinner)

Fiambres
(Cold Cuts with Garnishings)
Ensalada de Pimiento Verde
(Green Pepper Salad)

Manzanilla

Sopa de Almendras
(Almond Soup)

Besugo Excelso
(Sunfish Supreme)

White Wine

Jamon del Cura de Sacre de Orense
(Orense Curate's Ham)

Zanahorias à la Casera
(Carrots Housekeeper Style)

Patatas con Vino
(Potatoes in Wine)
Red Wine

Ponche Español
(Frozen Spanish Punch)

Café

Anis del Mono

COMIDA
(Dinner)

Melón Helado
(Iced Melon)

Sopa de Pez
(Fish Soup)

Olivos
(Olives)

Rábanos
(Radishes)

Pollo à la Español
(Chicken Spanish Style)

White Wine

Vaca a Estilo de Toledon
(Beef Toledo Style)

Coliflor Frita
(Fried Cauliflower)

Red Wine

Crema de Vino de Jerez
(Sherry Cream)

Malaga

Café

Aguardiente Pedro Domeneq (Brandy)

SALUD E PESETAS!

(Health and money!—A Spanish toast)

The daily menu for a Spanish caballero, or gentleman, might as well be put down under drinks, for the Spaniard rises late and has a pony of liqueur with his chocolate, wine with his lunch, manzanilla (light sherry) before his late dinner, wine again with that, a nightcap of brandy and so to bed.

Desayuno, early breakfast; chocolate or coffee, usually with anise liqueur, of which the French anisette is a sweeter imitation. There are a score of brands of anise, each with its individual flavor, but Anis del Mono, with the monkey grinning on the label, is an old standby likely to best please the American palate.

Chocolate takes the lead of coffee, and it is as thick as custard because it is mixed with cornstarch. Usually this is accompanied by a sugar-coated lady finger. The chocolate has to be eaten with a spoon, for it doesn't run fast enough to drink. Ferdinand Cortez brought the first chocolate beans from Mexico, so Spain drank it before any other European country, although she doesn't yet know how to make it. Rolls, plain or topped with sugar, all of them delicious, are preferred to the lady fingers at breakfast. The Spanish, like all other people except Orientals and Americans, are master bread makers. Their loaves are the whitest and finest knit of any in the world, and also the most fancifully twisted and braided.

The matter of butter is optional in Spain. Most of it is imported in tins from Scandinavia, and since little ice is used, breakfast butter is often more liquid than the chocolate itself.

As in Italy and France, this light morning refreshment is partaken of unceremoniously at home or in the cafés, often standing instead of sitting at a table. Its simplest Spanish form is chocolate, with a chalice of anise and a strong cigarette, for tobacco is a government monopoly, as in Italy and France, so the smokes are pretty poor. Here again Spain got first chance at tobacco, when Columbus himself, and not Sir Walter Raleigh, brought it back from America; but the original tobacco has slipped as sadly as the chocolate.

Almuerzo, Luncheon: This comes in countless courses and is a slow, dragging affair with plenty of time between for drink, discussion and digestion. Since Spain, from Cadiz to Barcelona, is a country devoted to chicken and eggs, they are written all over the *Lista de Platos* (bill of fare), though usually chicken is served only with the dinner at night. One set rule of the Almuerzo is that the first dish served consists of eggs, either plain—*al plato*; poached—*estrellados*; boiled—*passado por agua*; cooked with peas or hash; served sailor style; or the classic Spanish omelet, which is varied by *tortilla con espárragos* (asparagus omelet); tongue omelet, *tortilla of brains*, spinach omelet, artichoke, mushroom, omelet of anything and everything. There are more egg dishes in the Spanish cuisine than in all the others put together. When a Spaniard is parted from his eggs his whole spirit sags, so on a trip abroad he will first learn the foreign word for egg, and in an emergency, whether in Paris or Berlin, he will draw a painstaking picture of the hen-fruit to explain to the waiter exactly what he wants, for this is his *esperanto* of lunching.

The second course is fish, cod being most in favor, as it is in Portugal. Eels are also esteemed, and so are squid, cooked in their own ink. But in Sevilla the large gold fish, *dorado*, which is a kind of carp and can be seen glinting in the Guadalquivir River, reflecting Columbus' Tower of Gold, appears on the table

at noon, often with Diamante, a white wine not unlike Sauterne. The delicious dorado is served smothered in the famous Andalusian shrimp sauce.

Third course, like as not bifes, small fried beef steaks, first pounded thin as scallopini in Italy, and as popular, too. The Spanish conquest can be traced by its trail of bifes left behind to become almost the national dishes of Mexico, Central and Southern America. Sometimes the beef is stewed instead, with a handful of pitted olives or mushrooms. Here the clarete or Rioja, mellow red wine, gets into play, plain but salubrious vino tinto, red ink.

Fourth, some national delicacy, perhaps the classic smoked ox tongue, though usually game, for pheasant, quail, pigeon, and reed birds are cheap and plentiful in every market. Mostly they are cooked in wine, since nearly everything is vinous in Hispana. Ordinary white wine is used for cooking here, although Spanish sherry and Malaga often take its place abroad.

By now the luncheon pastime of wine-bibing settles down to serious drinking when a bottle of Marques de Riscal of a good year is brought out of its cellar bin, jacketed in ancient dust. It is carefully uncorked by the mozo (waiter), the cork passed around and smelled by the guests, the glass held to the light for color, judiciously sampled by most of the five senses and finally drunk off with gusto, for that is the mainspring of gustatory pleasure in Spain. Where the national thirst is said to be "inestinguible"—quenchless. The larder may be excellent, but the cellar must be superb.

Though Spain is known abroad chiefly for its sherry, this is scarcely drunk at all at home. It is doctored up for foreign consumption and drunk at its best in England, as is Portuguese port. The Spaniard himself prefers a light unfortified white sherry. This is the manzanilla of Sanlúcar and is drunk quite

young, after two or three years in the bottle; but it has a taste so peculiar that nobody but dyed-in-the-wool Andalusians really relish it. In Sevilla an afternoon hour is set aside for its drinking, which we shall come to presently, after finishing with the table wines served at both lunch and dinner.

Cadiz is the center for sherry, and Malaga of course for the wines of that name; but Alicante is the general wine-center, much as Bordeaux is in France, or Mayence in Germany, for through the port of Alicante a number of types are exported from the provinces of Aragon, Catalonia and Valencia. The wines drunk with Spanish meals usually are those produced nearest at hand, and mostly they go by the name of the province or section, such as Riota, in which they are produced, so a short summary of these will give the entire viniculture of the country:

Alicante: Both red and white wines, produced from a vine locally called "tintilla," which furnishes most of the juice throughout Spain and gives rise to the generic name of tinto for the national wine. The white wine of this region is not notable. Both white and red are perishable, but the red is so full in flavor and rich in color that formerly it was fortified with spirits and shipped as imitation port wine.

Andalusia: Rota, best drunk young. This is a vino tinto, red wine, from the tintilla vine of Alicante. The English corrupt tinto to tent, of which they import a good deal, for it is the outstanding red wine of this province.

White wines of Moguro, Niebla, Rancio and Seville.

Sherry at Zeres de la Frontera, shipped as "oloroso," "amoroso," "vino de pasto" and "amontillados" of varying ages and dryness.

Aragon: Full bodied, rich in color, sunny of flavor. Carinena is light red and exquisite.

Basque: The staunch wine of the Basques is produced in great quantity and mostly drunk at home. (See note on the Basque kitchen.)

Catalán: Beautiful wines, shipped to South America and known in England as Catalan or Spanish Port. As popular as Alicante in the Spanish wine-shops, of which there is a chain called Bodegas in London.

Castile: La Mancha is a classic brand, light in color and wonderful in bouquet. The Muscatel of Juencaral is exceptional. Grand wines also of the Tagus, from Arganda del Rey, North of Madrid, to Talavera, de la Reyna.

Ciudad Real: Val del Penas, sweet white wines and reds strong in alcohol, popular in the nearby capital, Madrid.

Cordoba: Montilla wines, and Manzanilla, which is Amontillado sherry when aged.

Galicia: The excellent Rivadavia and Tuy.

Granada: Marvellous Malagas, heavy sweet dessert wines that keep a century and grow drier with age. Malagas are also tintured with bitters, chiefly quinine, and bottled under the name of Quinados, which make splendid apéritifs.

There are three grape crops a year at Malaga; the first is made into raisins, the second into a dry white wine consumed locally, and the third into the several types to which we are accustomed, varying from common muscatel to the extraordinary Tears of Christ made from the first drippings of the grape.

The mellow Pajarete of Ronda is another celebrity in the Malaga section.

Mallorca: This now touristy isle was formerly famed for its excellent malvasias.

Minorca: Alba Flora, white and light, celebrated for its bouquet.

Alcyon, dark red and distinguished, but never exported because, like some people, it can't stand a sea voyage.

Murcia: Ordinary rough reds, of which Cartagena is the best.

Navarra: Roncesvalles, and others little known abroad, because of the great home demand.

Rioja: Four types, Alta Rioja, Baja Rioja, Alauesa and the widely known Haro.

Tarragone: Tasty ruby-red Prioratos.

Valencia: Red dry wines, chiefly distilled into a brandy, sweeter than the French.

Now, having partaken of sufficient wine, the luncheon is finished with postres (dessert) the standard one being custard (eggs again), for after alcohol sweets are not relished. Cheese and fruit are more generally served, the cheese nothing to brag about, but the native fruits good, especially Seville oranges, which the English import for their marmalade. Tangerines, wonderful nectarines, Valencian melons, Malaga raisins, grapes, Jordan almonds, preserved watermelon rind.

Each district in Spain has its cheese specialty, made from the milk of cows, goats, or sheep. There is the smoky product of San Simon; the fresh, curdy, La Montaña cheese; the *tetilla*, soft and buttery, of Galicia; Cabrales, a sharp, fermented cheese; Mancha cheese, wrapped in straw and soaked in oil, too rich to be eaten without wine; Burgos cream cheese, and a host of less renowned varieties.

The entire cheese is brought to the table, to be cut according to taste, and is an invariable course at the mid-day meal. Cheese is never served at a formal Spanish dinner.

The coffee is black and bitter, but the assortment of liqueurs

quite good, with anise always in the ascendant. Anise to the Spaniard is much the same as kümmel to the German or absinthe to the French. All three of these ardent infusions bear a resemblance in taste.

Soup is never served at luncheon, except when it comprises the whole meal, as does olla podrida, the national cocida, called either soup or stew, but in any case a full meal (see recipe). Though nearly everything goes into this olla, the chick peas or garbonzas are its characteristic feature. The dish is sometimes called just garbonzas, as we say "beans" for food. Next to chicken and eggs, Spain is distinguished for its chick peas and rice appetite, and this Spanish influence has left its impress on conquered Spanish American countries, where many national dishes consist of either chick peas or chicken.

Between lunch and dinner, about the time a Londoner takes his tea (which often as not consists of whiskey and soda) the Sevillano drinks his manzanilla. This young sherry is known to us only as the pickle in which the olives of Seville are bottled. There is a natural affinity between olives and manzanilla, for both are acquired tastes and share a similar tang.

After the bull fight all of masculine Seville pours into the bodegas. In the expensive ones the white sherry is served in a nicked tray with compartments holding six tiny glasses for one drinker. Another boxed tray is served with it, loaded with appetizers, each in its separate compartment and sometimes there are twelve of these; an anchovy curled around a caper or a pickled nasturtium seed, a tiny pickled oyster, a dab of white bait, ingenious pickles, boiled shrimp, a shaving of raw ham, empanadillas, little meat pies, and special olives unknown outside Andalusia. Elaborate, intricate taste-teasers, no two alike.

Those who can't afford this Sevillian luxury fill the humbler wine shops, where a tumbler of tinto or Rioja wine costs just two cents. But mostly, after a bull fight, more fiery drinks are

called for—Matta Rattas, for example, a mighty concoction of anise from which Hemingway could just as well have got his title "Death in the Afternoon," although the name loosely translates "kills rats."

Dinner is at nine o'clock, and is just an amplification of lunch, with thick soup first, made of oysters, birds or almonds, though sometimes merely panada, boiled bread. Then fish or omelet; next pheasant, squab, hare, or at least chicken, maybe all four. There are sure to be artichokes or asparagus, but neither salad nor butter. The dessert is an elaborate ice, grapes, or galletas, sweet biscuits that go well with a final glass or two of dessert wine.

In this male country the men usually take after-dinner coffee and liqueurs at a café, with a game of dominoes and a chalice of Pedro Domencq brandy, while the women remain patiently at home.

SOUPS AND STEWS

(*Sopas y Cocidos*)

ROYAL SOUP

(*Sopa Real*)

4 hard-boiled eggs 1 quart clear vegetable soup
 ½ lemon

Mash the egg yolks and mince the whites. Add the soup. Bring to a boil, drop in small bits of lemon and serve.

The broth of the cocido (see recipe) plays the same part in Spanish soup-making as does consommé in the French cuisine, or the stock pot in the English kitchen. In every Spanish household the cocido is cooked every day, either an elaborate one to be served to the family or a simple one for the servants' table; so the clear vegetable soup, rich and highly seasoned, as required in this recipe, is always at hand.

Tinned vegetable soup, fortified with a teaspoon of beef extract and additional seasoning to taste, strained, cleared with white of egg and strained through a cloth, is a practical substitute.

SEED BROTH

(*Caldo Semilla*)

4 tablespoons wheat 4 tablespoons chick peas
4 tablespoons corn 4 tablespoons dry kidney beans
4 tablespoons barley 3 quarts cold water
Salt or sugar

Roast the grains and beans in the oven like coffee beans and pound fine in a mortar or run through the coffee mill. Put into

3 quarts of cold water and simmer until only 1 quart of liquid is left. Strain and press through a sieve. Season with salt or sugar and serve hot or cold.

The main distinction between Spanish cooking in the mother country and that of her colonial descendants is a sparing use of hot pepper. This soup, for instance, has no pepper ingredient. Fresh, sweet, red and green pimentos are used in appetizing profusion during their season, while strings of them, drying for winter use, hang from eaves and rafters; but there is not a really hot or peppery recipe in the cuisine of Spain, with the exception of red-peppered hard sausages such as chorizo.

COLD MILK SOUP

(*Sopa de Leche Frio*)

3 pints whole milk	Juice 1 lemon
3 egg whites	Grated rind of ½ lemon
Powdered sugar	

Bring milk to boiling point, stirring constantly. Pour into a colorful, decorative serving bowl, cool, and place in refrigerator. Whip egg whites with lemon juice and grated lemon rind, adding enough sugar to make a light snowy cream. Spread this thinly and evenly over the cold cooked milk and leave in refrigerator ½ hour before serving

For delicate supping a plain custard suits every Latin palate. So this custardy soup, being but slightly sweetened, makes an appetizing introduction to a Spanish supper, or, as so many other national dishes, it is a whole meal in itself. Fresh cow's milk is scarce in southern Spain, so this soup would more often than not be made of goat's milk, and all the richer for that.

FROGS LEG SOUP

(Caldo de Ronas)

1 fresh pear	3 sprigs parsley
½ head lettuce	18 frogs legs
1 turnip	Salt
1 quart tepid water	

Peel, core and slice the pear. Chop lettuce, turnip and parsley. Skin and clean frogs legs, salt and add tepid water with first ingredients. Bring to a boil and skim well. Cook for 45 minutes.

FISH SOUP

(Sopa de Pez)

3 onions	1 cup cooking wine
3 teaspoons olive oil	1½ pounds fresh fish
3 tablespoons tomato paste	Salt
1 herb bouquet	3 peppercorns, crushed
1 teaspoon minced parsley	Nutmeg
2 teaspoons flour	4 small cucumber pickles
3 pints water	Small squares fried bread

Brown onions in the oil, add the tomato paste, herb bouquet and parsley and stir in the flour. Add the water and wine and stir until smooth. Let simmer ½ hour and add the fish. Cook 30 minutes longer and season with salt, pepper and nutmeg. Slice the pickles in rings and place them with fried bread in a tureen. Pour over them the strained fish broth and serve very hot.

The herb bouquet of Spain varies with the caprice of the cook. A soup bouquet consists of a bay leaf, a sprig of celery, another of thyme, or sage, tarragon, marjoram, or basil; some chives or a scallion; and, more often than not, a strip of sweet or semi-hot pepper. Every housewife keeps on hand a catholic variety of garden herbs hanging from the rafters of her kitchen,

keeping company with the strings of bright peppers, and strings of onions and garlic held together by braiding their dried stems.

Her roof will be decorated also during the summer months with pumpkins, figs and almonds drying under the sun's hot glare.

FIFTEEN-MINUTE SOUP

(Sopa al Cuarto de Hora)

24 almonds	$\frac{1}{2}$ cup minced ham
5 cups beef broth	2 hard-boiled eggs, sliced
1 cup almond water	Salt
$\frac{1}{2}$ cup raw white fish	$\frac{1}{4}$ teaspoon white pepper
1 cup cooked lobster	1 teaspoon saffron
$\frac{1}{2}$ cup cooked peas	$\frac{1}{3}$ cup rice

Sprigs of parsley

Blanch almonds and add to the meat broth 1 cup of water in which they were blanched. Add the fish and lobster, each cut in small pieces, the peas, ham, eggs, the salt, pepper and saffron. Grind almonds and add. Put in the rice as soon as the broth boils and cook 25 minutes. Serve with a sprig of parsley in each plate. This makes 4 portions.

This quick quarter-hour soup is a favorite restaurant dish in Seville, where many specialties are cooked to order and hence the meal is tediously slow. Dining in Spanish restaurants is apt to be disappointing, because of the numerous courses and long intervals between. There is a tendency, too, to ape French cooking, so this great cuisine hasn't the reputation that it deserves. It is found at its best, of course, in home kitchens and at family dinners presided over by the lady of the house who, indeed, seldom dines in restaurants, and this may be another reason why the commercial meals of the country are found wanting, while those served in the home are superb.

ECONOMICAL, OR POOR MAN'S SOUP

(Sopa Económico)

½ pound veal	1 marrow bone
3 carrots	1 herb bouquet
1 parsnip	1 sprig parsley
1 onion	1 tablespoon salt
1 ham bone	4 peppercorns

Cut veal in small pieces, slice the carrots, parsnip and onion. Put all in a deep kettle, add bones, the herb bouquet, parsley, salt and pepper, and cover well with cold water. Bring slowly to a boil and simmer for 3 hours.

SOUP WITH NOODLES

(Sopa de Pastas)

The Spanish are partial to simple strained broths with various paste compositions in them. These pastes were formerly made in the home, but are now commercially prepared. They include macaroni, spaghetti, vermicelli, alphabet and other small fancy shapes. The soup is brought to boiling point before the pastas are dropped in, and it is not touched during the 10 to 15 minutes necessary for the paste to cook.

VEGETABLE SOUP

(Potaje)

1 pint fresh kidney beans	1 onion, minced
5 pints boiling water	1 small stick cinnamon
2 tablespoons olive oil	5 peppercorns, crushed
2 cloves garlic, minced	¼ bay leaf
2 tomatoes, chopped	Triangles of fried bread
1 lemon, sliced	

Cover the beans with the boiling water, and bring to a slow boil. Heat oil in a saucepan, and fry garlic until light brown.

Add the tomatoes, and when all is bubbling add to the simmering beans; then add onion, cinnamon, peppercorns, and bay leaf. Cook slowly over a low fire 2 hours. Strain through colander, season with salt, and serve with triangles of fried bread and lemon slices.

Olive oil and garlic are requisites for many Spanish dishes, and many are the ways of handling them. If the cook wishes to diminish the taste of the oil she heats it until it smokes, then cools it slightly before proceeding with the cooking. The remaining flavor is deliciously nutty, with all the acrid quality of the olives removed.

The prejudice which has grown up against the use of garlic may be attributed to the careless cooks who leave it half-raw in the finished food. Well-cooked garlic has none of the odor of the fresh cloves, or "teeth," as the Spanish quaintly call them. If you wish its presence to be unsuspected, cut the garlic in half instead of mincing it, and remove the halves after they have served their purpose of imparting a delicate almondy flavor to the dish.

GARLIC SOUP

(Sopa de Ajo)

$\frac{1}{3}$ cup olive oil	3 pints boiling water
6 garlic cloves, minced	3 slices bread
4 garlic cloves, crushed	3 hard-boiled eggs, sliced

Slowly fry in oil the minced and crushed garlic cloves until golden brown, but not burned. Add a little water and cook until tender. Mash, and add boiling water, stirring well. Season to taste. Cook 10 minutes. Heat oil in frying pan until it smokes. Cool a little and fry bread. Place bread in the bottom of a hot soup tureen. Pour soup over the bread and put slices of hard-boiled eggs on top. Serve very hot.

This soup is as popular in Castile as onion soup is in Paris.

SNOW SOUP

(Sopa de Nieve)

3 tablespoons butter	1 pint hot milk
1 quart boiling water	2 eggs
1 slice toast	Salt
3 large potatoes, peeled	Pepper

Melt the butter in a sauce pan, add the boiling water, the toast cut fine and potatoes. Cook until the potatoes are nearly done, then add the hot milk. Continue cooking until the potatoes are tender, then press the contents of the sauce pan through a colander and return to the pan. Bring to a boil and remove from fire. Beat the egg yolks with a little cold water and add them to the soup. Whip the whites until stiff, but not dry, and add them little by little, to the boiling hot soup, continuing to beat. Season to taste and serve.

THICK SOUP OF LIVER

(Chanfaina)

1 calf's liver	Salt, whole black peppers
1 pig's liver	Cloves, cinnamon, caraway
Olive oil	Saffron
1 large onion, minced	Spearmint sprigs
1 green pepper, minced	Parsley
$\frac{1}{2}$ cup bread crumbs, toasted	

Boil livers in enough salted water to serve for finished soup. When tender, dice them and save the liquor. Put enough olive oil in an earthenware soup pot to brown the diced liver with onion, pepper and all seasonings, adding the liver liquor gradually. When done it will be as thick as porridge. Sprinkle with bread crumbs and serve hot or cold.

This is only one of half a dozen traditional thick soups, celebrated in Andalusian song and story. It is so thick that it

serves as a whole meal. The original version of this poor man's potage calls for lights and the "innards" of any animal, as well as pig's liver, according to Latin taste for all sorts of giblets that we disdain.

When made with goose-giblets and rice it is called gondingo.

ALMOND SOUP

(*Sopa de Almendras*)

8 ounces almonds, blanched	1 clove
✓ and peeled	1 dash grated nutmeg
1 pint rich chicken broth	1 bit mace
1 pint rich veal broth	1 sprig thyme
1 tablespoon minced ham	Salt (sparingly)

Grind 6 ounces almonds to paste, adding a few drops cold water to prevent oiling. Shred remaining almonds. Mix broths, add remaining ingredients, and simmer $\frac{1}{2}$ hour; strain, add ground almonds and let boil up, stirring with a wooden spoon 10-15 minutes until well mixed. Add shredded almonds and serve. This soup is greatly improved by the addition of $\frac{1}{2}$ cup scalded cream at the moment of serving.

CHESTNUT PUREE

(*Sopa de Castañas*)

1 pound chestnuts	2 quarts water
1 celery stalk	$\frac{1}{2}$ cup boiling milk
$\frac{1}{2}$ teaspoon salt	3 tablespoons butter
3 peppercorns, crushed	Croutons

Cut an X on the shell of each chestnut and put into boiling water for a few minutes. Peel and skin, cut in two, and place in a casserole with the celery, salt, and pepper. Cover with 2 quarts of water and cook slowly until tender; then pass all through a colander. Return to the casserole, and clear with the boiling milk. Add the butter and pour into a soup tureen, over croutons.

RAGOUT

(Guisado)

Any game soup cooked with onions, tomatoes and garlic first browned in a sauce pan.

RICE PAP

(Papilla de Arroz)

Made of rice-cream, and when chicken is added, called papilla de arroz con pollo.

PIQUANT SOUP

(Sopa Picante)

A vegetable soup of mixed sweet peppers and spices, originating in the West Indies and brought to Spain by early explorers.

PEPPERY SOUP

(Sopa Pimentado)

Another importation from the Caribbean, mandioca root boiled with pimentos and lemon juice.

BOILED DINNER

(Puchero)

Puchero, like the olio, or olla, is simply the name of the glazed earthenware pot in which the stew is cooked. Its main ingredient and adornment is a calf's head, whole, which is served in the center of the platter with the boiled dinner heaped around it and the broth in a separate tureen. Puchero has become the national dish of Argentina and is served at its best in the Petit Salon of Buenos Aires.

MISCELLANEOUS POTAGES

Southern Spain is celebrated for its beef broths, often sentimentalized by the use of meal from bulls that have put up losing fights in local arenas. Beef tea, aromatic with herbs and even

spiced with nasturtium leaves and seeds. Batatulla, potatoes and beef broth. Giblet broths and potages beyond number, on the order of chanfaina (see recipe) and gondingo (see note to chanfaina).

There are thick soups of Spanish partridge, quail and song-birds; vegetable purées aplenty, though chiefly individualized in celery, or turnip, chick peas or onion. The Andalusian sausage broth, caldo con chorizos, is made with snappy crimson sausages sometimes hotter than the brasero, a charcoal heating pan often set under the dining table, draped with petticoats beneath which chilly feet are thrust.

The pungent garlic soup of Andalusia, sweet and nutty with almonds, olive oil and thin slices of finely-knit white bread, salted and peppered. Boronia, corn soup. Vermicelli boiled in bull-fought beef broth, the paste borrowed from Italy; and many meaty stews served ensopada, with the pot liquor, in the particular style of every province and usually in deep, colorfully decorated plates.

But the marrowy chick pea or garbonza soup from the classic olla pudrida is the standard by which to judge all others.

SPANISH STEW

(*Olla Pudrida or Cocido Español*)

3 pints chick peas	Thick flour paste
¼ pound each: salt beef, bacon,	1 pint fresh lima beans
salt pork and salty sausage	1 small cabbage
1 large chicken, jointed	6 small beets
3 small birds (or 1 pigeon)	6 small carrots
1 pig's tail, ear or snout	½ pound pork sausage, sliced
Salt	¾ pound blood sausage, sliced
1 onion	¼ pound cooked veal
1 clove	¼ pound ham, cooked
2 cloves garlic	2 eggs
6 peppercorns	Bread crumbs
12 small potatoes, peeled	

Soak garbanzos (chick peas), salt beef, bacon, salt pork and salty sausage over night. Drain the meat and put it into a deep kettle with chicken and, if possible, 3 small birds, or a pigeon, certainly a pig's tail, ear or snout. Cover deep with cold water, put over the fire and bring to boiling point. Then lower the flame and cook slowly. Parboil garbanzos, drain, and add them to the stewpot gradually, taking care that the boiling does not cease or the peas will harden. Salt to taste and skim. Add an onion, pierced with a clove; add garlic and peppercorns, cover and seal kettle lid with flour paste. Simmer without stirring for 5 hours. The pot can be shaken occasionally, but the skin of the peas must not be broken or they will not color well and besides, the stew will become mushy.

At the end of the fourth hour, place in another large kettle with plenty of water, the fresh lima beans, cabbage, beets, carrots, sliced pork sausage, blood sausage, and meat balls made of minced cooked veal, minced ham, eggs, and enough sifted bread crumbs to hold them in shape. Twenty minutes later, remove some of the broth from the kettle and cook potatoes in it.

Just before serving the cocido, season with teaspoon of cinnamon and another of saffron to give the cocido the rich color that stamps it perfect to the Spanish eye. Pile the garbanzos, well-drained, in the center of a large deep platter, circle with the potatoes, and place the meats around them. In another plate serve the other vegetables. Serve both dishes at the same time with the following sauce:

SAUCE FOR THE COCIDO

(Salsa para el Cocido)

1 clove garlic, minced	Salt
1 sweet pepper, minced	1 large potato, cooked
1 teaspoon saffron	1 tablespoon parsley, chopped
3 tomatoes, cooked	2 tablespoons vinegar
$\frac{1}{4}$ cup cocido broth	

Mix garlic, pepper and saffron in a bowl. Add strained pulp of tomatoes and the potato. Mash all together thoroughly. Add parsley, vinegar and cocido broth. Salt to taste and serve hot. In another bowl serve a cold pepper sauce.

Strain the broth in the two cooking pots and use as soup course.

A salad and an iced melon, or a compote of fruit, finishes this meal most satisfactorily.

The cocido, literally a stew cooked in an olla, a round earthen pot with a small opening at the top, resembling the bean pot of Boston, is the classic dish of the country and a four-course dinner in itself. There are 49 Provinces in Spain, and regionalism is so strong it is said there are 49 national cocidos. It is famous throughout Castile for its excellence, and especially in Madrid, where it holds its own in spite of the keen competition of international dishes so lavishly offered by the smart hotels and restaurants in that sophisticated city.

A noted chef of Madrid, who proudly brings this dish to a rare perfection, and furnishes this recipe, says that there is no cut-and-dried rule for what goes into the olla. That detail is more or less left to the resources of the kitchen larder and the genius of the cook. But the process of cooking, the wily wheeling of the fire, is a delicate operation and on it depends the success or failure of the cocido.

It is not only a dish of delicious savor, but it is really most economical; its rich broth furnishes the basis of various soups and sauces for other meals, and the selection of its ingredients allows a variation to fit the changing seasons and locality of production.

Cervantes' Don Quixote says of the olla grande, the "grand dish" to which game birds are added, "it is eaten only by canons and bishops."

"Olla pudrida" translates literally "putrid pot," but this is only a quirk of Spanish humor and is really an affectionate pet name for the national dish. The Germans, however, add insult to the injurious name by transferring it into their language as stinktopf, stink-pot. The dish indeed is as "high" as an Englishman's grouse, which is ready for the grill when the leg-bones have turned powdery and green and the bird finally drops off them. The reason for suspecting the olla at all is merely that the earthenware pot from which its name derives, is never entirely emptied and washed out for a fresh beginning. It is like the old-fashioned soup-pot, sitting unchanged on the back of the stove, ready to receive any enriching tidbit to revivify the brew. Furthermore, Spanish bacon, one of the olla's main ingredients, is usually greasy and rancid and since its strong savor persists in the pot, in some out-of-the-way posadas, where refreshment is had for man and beast, this national cocido does live up to its name.

An olla is also the porous clay water-pot, painted with fruits and flowers, which stands on every Spanish table, cooling the drinking water by evaporation. Where ice is scarce there is no better way to keep water sweet and potable.

A STEW WITH WHEAT

(*Olla con Trigo*)

1 cup wheat	2 garlic cloves, minced
1 pig's ear	2 tablespoons olive oil
2 pig's hocks	2 tomatoes, sliced
1 pint chick peas, soaked	Salt
4 potatoes	½ teaspoon saffron

Soak wheat in cold water 2 hours, put into a strong bag and pound it to remove husks; wash the wheat free of husks, and cook in unsalted water until tender. Meanwhile, put the pig's ear and hocks into a deep pot, cover well with water and

bring to a boil. Add the chick peas and 1 teaspoon salt. Cook 4 hours. Peel potatoes and add. Cook until potatoes are done. Fry garlic in oil until it begins to brown; add tomatoes and fry. Add salt and saffron, and let simmer; stir into the cooked wheat. Serve wheat in a separate dish.

OLLA A LA MALAGA

1 pound fresh beef	¼ pound pearl barley
1 pound jerked, or dried, beef	¼ pound rice, well washed
½ pound ham	Salt
¼ pound white kidney beans	Pepper
1 bay leaf	

Put all ingredients, except seasonings, together in an olla, or a bean pot. Cover closely and simmer 4 hours. Add seasonings to taste at beginning of fourth hour, remembering that both jerked beef and ham have already partially salted the dish.

GALICIAN STEW

(*Caldo Gallego*)

3 pounds veal, cut in 6 pieces	Salt, pepper, herb bouquet
2 pounds ham, cut in 6 pieces	¾ pound fresh kidney beans
¼ pound each of 3 varieties cured sausage	6 small potatoes
1 pig's hock	6 small onions
	6 cubes yellow squash
¼ pound butter	

Cover meats with boiling water and cook, with seasonings, until tender. Add vegetables and cook ½ hour longer. Add butter just before serving.

In Galicia the cocido is called caldo, literally broth, and is simpler and lighter than the national dish as made in other provinces. The three different sausages used by native cooks are the chorizo, the longaniza, and the morcilla, the latter being

a Galician specialty. Highly seasoned and cured American hard sausages, of three different varieties, may be substituted.

The Asturians call their cocido a "pote," or pot, after the manner of the French with their pot-au-feu, and they consider it incomplete without at least one of the pig's ears.

In Andalucia whole grains of wheat are soaked, beaten in a bag to remove the husks, then cooked separately and served with a cocido made of meats, chick peas, vegetables, and either pears or quinces. (See recipe under olla con trigo.)

The Aragonians add fried pimientos to their regional dish.

The Castilians include jerked beef and forcemeat balls. And the cooks of La Mantana, Santander, make a rich stew of beef, ham, blood sausage, chicken, and green vegetables, and give it the classical name, olla podrida.

FISH

(*Pescados*)

STOCK FOR BOILING FISH

2 onions	1 cup vinegar
2 carrots	2 quarts water
1 leek	1 sprig chervil
1 parsnip	Herb bouquet
2 garlic cloves	1 tablespoon butter

Mince the vegetables and mix with the vinegar and water. Add the other ingredients, stir thoroughly and cook over a slow fire until the liquid is reduced one-half. Then strain and bottle for future use.

No fish in Spain is ever boiled in plain salted water. The cook keeps a bottle of this stock on hand to enrich the cooking water, and even the water itself must be sea water to bring out the true essence of sea fish. Roast fish is served at formal dinners and fried fish often graces almuerza, the midday breakfast, but the Spanish every-day preference is for boiled fish, which can be served either hot or cold.

ROAST SHAD

(*Alosa Asada*)

1 (3-pound) shad	2 tablespoons butter
2 tablespoons olive oil	Shad liver
Salt	1 cup chopped mushrooms
Pepper	½ cup white wine

Clean the fish and score the skin lengthwise on each side. Season the oil with salt and pepper and rub the fish inside and out. Melt butter in bottom of roasting pan, lay in the fish, and bake 20 minutes, basting in own juices. Meanwhile, boil the fish liver and mash it. Cook the mushrooms until tender in the liver liquor. Add the mashed liver. Put mixture in the pan with the fish and bake 15 minutes longer, basting well. Remove fish to hot platter. Pour wine in pan, heat and pour over fish.

COD IN SAUCE

(*Meluzza en Salsa*)

2 pounds fresh codfish	2 tomatoes, chopped
Salt	2 peppercorns
2 tablespoons olive oil	2 tablespoons roasted almonds
1 garlic clove, halved	2 tablespoons fresh almonds
1 onion, minced	2 tablespoons bread crumbs
1 teaspoon minced parsley	2 tablespoons milk

Cut fish in 4 or 5 slices and season with salt. Heat the oil in a saucepan and put in the garlic, onion and parsley. Fry to a delicate brown; remove the garlic and save. Add the tomatoes and when the sauce bubbles, thin with a little boiling water. Put in the fish and let it simmer.

Grind to a paste the peppercorns, the fried garlic and almonds. Wet the crumbs in the milk and work well into the paste. 2 minutes before the fish is ready to take up, put the mixture in the pan and dissolve it thoroughly in the sauce. Serve fish in the sauce.

HARLEQUIN OF COD

(*Arlequin de Merluza*)

3 pounds fresh codfish	4 red peppers, baked
Salt and pepper	1 cup bread crumbs
1 lemon	1 egg yolk
1½ cups cooked spinach, chopped	Buttered boiled rice
	3 tablespoons butter

Cut the fish into 12 symmetrical pieces, sprinkle with salt and pepper and put in a well-buttered baking dish. Squeeze a few drops of lemon juice over each slice and bake 20 minutes, turning once. Have ready the spinach, seasoned; the peppers, peeled; the bread crumbs, moistened with the beaten egg yolk; and the rice cooked, drained, and buttered. Cover four of the pieces of baked fish with the spinach, four with the peppers and put the bread crumbs on the remaining four. Place butter on each piece and return to the oven for five minutes.

Arrange the fish around a hot mound of the rice in the center. The contrasting colors make a festive as well as an appetizing dish.

CODFISH WITH CREAM SAUCE

(Abadejo con Nata)

2 pounds fresh cod	$\frac{1}{3}$ pound unsalted butter
$\frac{1}{2}$ cup stock (see recipe)	1 sprig parsley, minced
Salt and pepper	3 green onions, minced
1 cup light cream	

Put fish in kettle, add stock and sufficient water to cover. Season with salt and pepper. Boil, keeping head intact or, to the Spanish eye, all is ruined.

Melt butter in a sauce pan and sauté parsley and onion until tender. Add cream gradually. Simmer for 15 minutes, stirring constantly. Serve in a sauce boat to accompany the cod, which is served on a platter with boiled potatoes and chopped parsley.

CODFISH PIE

(Pastel de Merluza)

2 cups boiled codfish, flaked	1 teaspoon preserved pear,
3 eggs, beaten slightly	chopped
$\frac{1}{2}$ cup seeded raisins, chopped	1 teaspoon lemon syrup
1 teaspoon preserved lemon,	
chopped	

Combine all ingredients and cook in a double boiler to a rather thick paste. Serve between two baked pie crusts.

The use of pears to enrich fish and meat dishes is overlooked in many countries, but the Spanish use this distinctively flavored fruit with great success.

SALT CODFISH WITH HONEY

(*Bacalao con Miel*)

1 pound salt codfish	3 tablespoons olive oil
2 egg yolks, beaten	3 tablespoons honey
Flour	1 teaspoon cinnamon

Soak the fish for 24 hours, changing water several times. Boil in unsalted water until tender. Drain, dry, and cut it into squares. Dip the pieces in the egg yolks and roll in flour. Fry gently in the oil until brown on both sides. Add honey and let the fish simmer in it until the liquid is absorbed. Then powder top with cinnamon.

Honey is never just honey in Europe. The better varieties are distinguished by and sometimes named after the flowers from which the bees have sipped.

Most prized in Spain is the honey of Valencia, fragrant with the perfume of orange blossoms and delicious with bunvelas. The honeys of La Alcarria and of Cuena, flavored with rosemary, thyme and marjoram, are excellent for seasoning fish and meats.

GRILLED MACKEREL

(*Esconbro en Parillas*)

3 pounds fresh mackerel	3 tablespoons butter
Salt	Juice 1 lemon
Pepper	Parsley to garnish
1 tablespoon olive oil	1 lemon, sliced

Split the fish down the middle of the back, if large; if not, broil whole; score the skin. Mix salt and pepper with oil and rub into the flesh. Oil a double wire broiler, lay mackerel in it; place under grill and brown well on both sides. Remove carefully to a hot dish when done. Butter generously and squeeze the lemon juice over the fish.

Garnish with parsley and slices of lemon and serve with sauce for grilled fish (see recipe).

This is a favorite noonday breakfast dish and a popular entree at dinner.

BREAM WITH SAUCE

(*Besugo al Jugo*)

2 pounds perch or sunfish	1 garlic clove, minced
3 tablespoons olive oil	1 tablespoon lemon juice
Salt	Juice 1 orange
1 cup fish broth	

Clean, wash and drain the fish on a napkin. Rub with oil. Salt slightly and put under the grill to turn and cook slowly.

Fry garlic in oil until tender. Add the lemon juice, orange juice and broth; cook 5 minutes and serve hot with the grilled fish. The sauce may be slightly thickened with flour if desired.

The bream of European waters is similar to our yellow perch and sunfish.

BREAM SUPREME

(*Besugo Excelso*)

Olive oil or butter	$\frac{1}{8}$ teaspoon cloves
6 perch or sunfish	1 cup white wine
Salt	2 tablespoons toasted bread
1 garlic clove, minced	crumbs
$\frac{1}{8}$ teaspoon pepper	

Put hot olive oil or melted butter in the bottom of a baking dish large enough to hold the fish nicely. Place the fish in it,

sprinkle with salt and bake in a hot oven from 15 to 20 minutes, turning once carefully.

Put 2 tablespoons of olive oil in a small saucepan and fry the garlic. Add $\frac{1}{2}$ teaspoon of salt, pepper, cloves and wine. Stir in toasted bread crumbs, remove from fire, and serve as a sauce.

SMOTHERED BROOK TROUT

(*Truchias Obscuras*)

6 brook trout	$\frac{1}{4}$ teaspoon each pepper, nutmeg, thyme, saffron and
Salt	chopped parsley
$\frac{1}{4}$ cup butter, melted	$\frac{1}{2}$ cup dry white wine
$\frac{1}{2}$ cup toasted bread crumbs, sifted	

Clean, dry and salt the fish. Use a baking pan large enough to hold them without overlapping. Spread melted butter on the bottom and sprinkle over it a thin layer of the bread crumbs, which have been rolled in a mixture of the salt, pepper, nutmeg, thyme, saffron and parsley. Add wine. Place the fish on top; scatter over them the rest of the crumb mixture; dot with butter. Bake in a moderate oven (350° F.), basting well.

FRICASSEE OF FISH

(*Pescado Guisado*)

2 tablespoons olive oil	1 cup boiling water
1 garlic clove, minced	$\frac{1}{4}$ teaspoon each pepper, cloves, cinnamon, minced parsley, and saffron
2 tomatoes, chopped	
1 pound fish	
$\frac{1}{2}$ cup ground almonds	

Heat olive oil in a saucepan until it smokes. Cool a little and fry in it the garlic and tomatoes. When mixture bubbles, put in the fish and sauté while you prepare the sauce.

Stir the almonds into the boiling water and add pepper, cloves, cinnamon, parsley and saffron. Stir well and add to the

contents of the saucepan. Continue cooking the fish in the sauce. Remove to hot platter and pour sauce over.

PANNED FISH

(Pescado en Casuella Catalana)

1 garlic clove, minced	1 teaspoon flour
1 tomato, sliced	2 cups boiling water
2 tablespoons olive oil	Salt
1 teaspoon saffron	1 pound fish (any kind)

Fry garlic and tomato in oil until a delicate brown. Remove from oil, add saffron, and mash to a paste. Brown flour in remaining oil and gradually stir in the boiling water. Add paste and cook 10 minutes, stirring constantly. Salt the fish and add. Cook until brown on both sides and all sauce is absorbed.

Spaniards are quite partial to saffron, which makes even a simple dish look festive, especially when served in the beautiful native pottery.

Saffron is made by infusing the stamens of a variety of crocus which flowers in Autumn, and its use in food originated in Persia or Kashmir, from whence the Arabs carried it west and the Monguls east. The Crusaders brought it to England, but we Anglo-Saxons have limited its use to a harmless vegetable coloring matter. It is valued for its pungent taste and peculiar musky odor wherever the influence of Arabian, Persian, and East Indian cooking has spread. A Spanish writer describes his country as "God's paradise, fruitful in crops, delicious with fruits, plenteous in deer and all kinds of game, abounding with fish, made glad by good wines, sweetened with honey, lighted with wax, seasoned with oil, and gay with saffron."

FRIED FISH IN SAUCE

(Pescado Frito y en Salsa)

6 small fish	1 garlic clove, halved
Salt	6 peppercorns
Flour	1 tablespoon minced parsley
Oil or lard	2 tablespoons lemon juice
Roasted filberts, chopped	

Clean, salt the fish and flour them. Have the fat deep enough to cover the fish well. Fry a garlic clove in fat, remove; then put in the fish. Remove when done, and keep hot on serving plate while you make the following sauce:

Crush peppercorns with parsley and lemon juice. Moisten with a little boiling water and pour over the fish. Place under the grill for not more than 5 minutes while the sauce penetrates the fish. It must not be too dry. Sprinkle chopped roasted filberts on top and serve.

SMALL FISH BREADED

(Pescadillas en Caldo Empanado)

$\frac{1}{3}$ cup olive oil	1 tablespoon butter
1 clove garlic, minced	1 cup hot water
1 onion, minced	Juice of 1 lemon
2 bay leaves, minced	Salt
2 pounds small fish	Toasted bread crumbs
1 teaspoon flour	1 teaspoon pepper sauce

Sauté in oil, clove, garlic and bay leaf. Clean fish, curve them and fry in rings in the oil. Remove when crisp and place in a hot serving dish. Make a roux with flour and butter and stir in water gradually until blended. Add lemon juice, salt and pepper sauce. Sprinkle toasted bread crumbs on fish and pour sauce on top.

FISH IN SOUR SAUCE

(Pescado en Adobo)

2 pounds bass, whiting, or trout	1 bay leaf
Olive oil or lard	3 tablespoons orange flower water
1 garlic clove, minced	½ orange, sliced
½ teaspoon cumin seeds	¼ cup vinegar
(Substitute anise or caraway)	¾ cup hot water
A bit of fennel	Salt and pepper

Fry firm white fish in oil or lard without flouring. Leave 2 tablespoons of the oil in the frying pan, in which fry the garlic. Add the cumin seeds, fennel, bay leaf, orange flower water, orange slices, vinegar and hot water. Cook slowly for 10 minutes, season with salt and pepper. Remove the bay leaf and put the fried fish in the sauce. Serve hot.

FRIED FISH

(Pescadillas Fritas)

Clean and wash fish well, season with salt and pepper, wet with milk and drain. Roll in flour and fry in deep hot olive oil. Serve with slices of lemon and sprinkle chopped almonds over them.

LITTLE FISH WITH LEMON

(Pescadillas con Limon)

2 pounds perch, small trout or	Flour
bass	Oil or fresh lard
Salt and white pepper	2 lemons, sliced
1 tablespoon minced parsley	

Wash the fish, drain thoroughly on a napkin, season with salt and pepper, fasten the tails into the mouths of the fish, securing each with a toothpick, and dip in flour. Fry in deep fat. Put into the frying pan, one by one, and do not let them touch during the process of cooking. Serve hot, delicately browned and garnished with slices of lemon, dipped in parsley.

RAY WITH ALMOND SAUCE

(Raya con Nueces)

1 pound ray fish	1 tablespoon flour
(wings of the skate)	1 tablespoon lemon juice
Salt	$\frac{1}{2}$ teaspoon nutmeg
1 onion, sliced	2 tablespoons almonds, peeled
Liver of ray	and ground
1 tablespoon butter, melted	

Place the ray in cold water in a casserole with a little salt and the sliced onion. Bring to a boil, then take up the fish, drain, remove skin and put to cook in just enough boiling water to cover. When done, take out and place on a hot serving plate.

Meanwhile boil the liver of the ray in a separate saucepan. Blend melted butter with flour. Mash the liver with $1\frac{1}{4}$ cups of the liquid it was boiled in, and add, with the lemon juice, nutmeg and ground almonds. Cook for 5 minutes, stirring constantly, and serve with the fish.

A white sauce seasoned with capers often accompanies this fish.

TUNNY IN CASSEROLE

(Atun en Olla)

1 pound tinned tunny fish	1 celery stalk, chopped
$\frac{1}{4}$ cup butter	$\frac{1}{8}$ teaspoon each cinnamon,
1 onion, sliced	cloves, salt, pepper and
2 cups cooked chick peas	caraway seeds
$\frac{1}{4}$ head cabbage, chopped	$\frac{1}{4}$ teaspoon saffron
1 tomato, chopped	1 teaspoon flour

Cut or break the tunny into neat pieces. Heat 2 tablespoons butter, lay tunny in carefully and brown, taking care that it is not broken in turning. Take up and set aside. Add 1 tablespoon butter to pan, and fry onion until golden. Press chick peas with their liquor through a fine sieve, and add with cabbage, tomato,

celery, seasonings, and saffron. Pour in enough boiling water to cover and simmer 15 minutes.

In another pan melt remaining tablespoon butter. Add flour and brown. Pour in 1 cup broth from the cooking vegetables, stir until well blended. Pour into a fireproof dish, add vegetables; lay the tunny on top, and keep hot in oven or over steam for 10 minutes, so the flavors will penetrate the fish.

The tunny is a glorified giant mackerel, growing to ten feet in length. Before cooking, its meat is blood red. It is preserved in large tins, imported by Italian grocers, who sell the fish in bulk by the pound at a cheaper price than the small individual tins used for hors d'oeuvres.

SALMON PANCAKE

(Tortilla de Salmon)

2 eggs	½ teaspoon salt
1 cup canned salmon	1 teaspoon minced parsley
1 tablespoon butter, melted	

Beat the eggs and shred the salmon. Mix lightly and add the salt and parsley. Form in the shape of a thick pancake and fry in the butter.

EEL WHITEBAIT

(Angulas Frita)

Angulas are little, almost transparent, newly spawned eels, about 2 inches long, although the term includes the whitebait of other finny species. They are netted before dawn and never kept over 24 hours. Fried in deep olive oil so crisp that they roll off the fork, and brought to the table with the oil still popping, they are delicious.

SQUID A LA CATALANA

(Calamares con Guisantes Catalana)

6 medium-sized squid	½ teaspoon saffron
2 onions, sliced	½ teaspoon cinnamon
2 tablespoons olive oil	1 bay leaf, minced
1 garlic clove, minced	1 cup claret
1 teaspoon minced parsley	1 cup boiling water
1 large tomato, chopped	Salt
4 peppercorns, ground	2 cups young peas, cooked
2 tablespoons butter	

Wash, clean and pound the flesh of the squid, then cut into pieces. Slowly fry the onions in olive oil; add the garlic and parsley and fry until golden. Add the tomato, and when bubbling put in the squid and mix well. Add pepper, saffron, cinnamon and bay leaf and cook 5 minutes. Add wine and water, cover close and simmer 2 hours. When tender add salt. Drain peas, add butter, mix with the squid and serve very hot.

Squid is plentiful along the Mediterranean coast and the Catalans make succulent dishes of it, the most notable being *calamares en su tinta*, squid in its own ink. Another, just as strange to the foreign palate, is squid cooked with chocolate.

SPANISH SQUID

(Calamares Español)

6 medium-sized squid	Cayenne
¼ cup olive oil	½ cup orange flower water
1 garlic clove, minced	2 tablespoons vinegar
	Salt

Wash the squid well and cut into pieces. Heat the oil in a sauce pan and brown the garlic and squid, turning them constantly. Cool slightly, add cayenne, orange flower water and

vinegar; simmer until tender, keeping closely covered to retain flavor. Add salt only after the squid is done. If desired, a little boiling water may be added and the sauce thickened with flour.

The orange flower water is a Moorish touch, borrowed from the Arabs of North Africa, who substituted it for the rose water so prominent in the cooking of Asia Minor.

PAINTING THE EEL RED

(Pintarrajás à Anquillas)

1 (3-pound) eel	1 cup roasted almonds
3 tablespoons vinegar	Juice $\frac{1}{2}$ lemon
2 garlic cloves, minced	Salt
1 tablespoon minced parsley	1 egg yolk, beaten
2 tablespoons olive oil	
$\frac{1}{4}$ teaspoon each cloves, cinnamon, saffron and pepper	

Clean and skin eel and place it in boiling water and vinegar for 10 minutes. Cut into 2-inch lengths and dry. Fry garlic and parsley in oil. Add $\frac{1}{4}$ cup broth obtained from parboiling eel. Mix cloves, cinnamon, saffron and pepper and stir in. Put eels into a pan and cover with boiling water. Simmer until tender, add roasted almonds, cut in slivers, and the lemon juice. Boil up once, salt, and remove fish to hot platter. Take the pan from fire and stir in egg yolk. Serve in a sauce boat with the fish.

CRABS

(Cambaros)

The Spanish cook uses the small crabs in pastes and bisques mainly. The large ones are boiled, preferably in sea water, and presented chilled and piled in a pyramid with branches of parsley curled about them.

SHRIMP PATTIES

(Empanadas de Camarones)

Heat cooked shrimps, stoned olives and a little cooked celery, diced, in reduced salsa espanola (Spanish sauce); put in covered patty shells and place in the oven 8 minutes.

The Spaniards are great piecers between meals, as well as ardent café loungers; their fondness for shrimps is so great that if they had nothing to do they would sit before a cup of coffee or chocolate in a sidewalk café and shuck shrimps all day long. Ambulating peddlers of boiled shrimps cover regular routes with wicker baskets loaded with the succulent curled sea-food laid out in patterns beneath a white cloth. These sell as readily as peanuts at an American baseball game and are cracked open and eaten with the same nonchalant avidity.

When made into empanadas or patties they are kept warm in a little nickel-mounted glass box on every bar, so the drinker may help himself and pay his penny. By being kept piping hot they have an advantage over the pork and veal pies, sold cold in English bars.

Empanadas resemble the popular English pasties in being made of snips of game, larks, pigeons, everything tasty, but they differ in being juicier and always richly flavored with olives. Very small empanadas are affectionately called empanadillas.

EGGS

(*Huevos*)

HUEVOS A LA MODE

6 eggs	1 tablespoon minced parsley
1 tablespoon prepared mustard	6 slices fried bread
1 tablespoon Gruyère cheese, grated	

Fry the eggs on both sides. Have mixed together the mustard, parsley and grated Gruyère cheese. Spread fried bread with this mixture and serve hot with the eggs.

Eggs cooked in some style appear at nearly every almuerza, the Spanish breakfast, which is served at noon. As in all European countries, the Spanish early morning breakfast is a light affair. Bread-women call at the doors leaving pomecillos (large rolls), which with a generous bowl of coffee and hot goat's milk, half and half, usually break the night's fast for rich and poor alike. Herds of goats are driven through the streets and milked at one's doorstep, so the milk for coffee is always fresh and unadulterated.

EGGS MODERN STYLE

(*Huevos à la Moderna*)

6 or 8 potatoes	Hot milk
Salt	Cooked string beans
Pepper	Grated Parmesan cheese
¼ cup butter	6 eggs
½ teaspoon paprika	

Boil potatoes, drain, mash, season and beat light with butter and hot milk. Place on a hot platter and garnish with a ring of cooked string beans that have been sautéed in butter and sprinkled with grated Parmesan cheese. Make a half dozen little hollows in the potatoes and put in them the eggs, poached and well drained. Powder well with paprika and sprinkle with salt. The dish can be kept hot over a kettle of boiling water while preparing the eggs.

EGGS TOLEDO STYLE

(Huevos en Toledo)

1 cup minced ham	3 tablespoons butter
2 cups cooked peas	6 eggs
2 tablespoons mushrooms (chopped)	1 red sweet pepper
	12 black olives

Sauté ham, peas and mushrooms in the butter. Fry eggs and place in a serving dish with the sautéed mixture in the center. Garnish with slices of pepper and olives.

EGGS IN BURNT BUTTER

(Huevos en Salsa Negra)

Butter	Salt and pepper
Eggs	Hot vinegar

Heat butter in pan until it is burnt dark brown and break in as many eggs as you wish. Season with salt and pepper and fry on both sides. Place in a hot serving dish. Sprinkle a little hot vinegar in the butter and pour over the eggs.

EGGS GARNISHED

(Huevos Guarnecidos)

1 cup chopped mushrooms	6 eggs
1 cup fresh asparagus tips	Salt
2 tablespoons butter	Pepper

Sauté mushrooms with the asparagus tips in the butter until tender. Break the eggs over the vegetables and season. Have the flame low and turn carefully in spoonfuls from the bottom of the pan as the eggs break and mix with the sauté. 2 or 3 minutes will suffice for the cooking. Serve immediately. Canned asparagus and mushrooms can be used.

As in Spain one always waits for this dish to be prepared, it makes an excellent one for table cooking.

EGGS IN POTATOES

(Huevos en Patatas)

4 baked potatoes	1 teaspoon saffron
Salt and pepper	4 eggs
2 tablespoons butter	Cress

Cut the tops from the baked potatoes and scoop out the inside. Mash, season with salt, pepper, butter, and saffron, and put back in the potato skins. Make a depression in each one and break an egg into it. Put in the oven to set the egg. When ready for the table, replace the tops of the potatoes, garnish with cress and serve on a napkin-covered plate.

EGGS IN ONION SAUCE

(Huevos en Ajillo)

2 large onions, sliced	6 eggs
1 sweet red pepper, sliced	Salt and pepper
2 tablespoons olive oil	Parsley or cress

Fry onions and pepper slowly in the oil until tender. Then break the eggs on top and season to taste. Stir carefully until eggs coagulate. Serve on hot plate, garnished with parsley or cress.

EGGS WITH TOMATOES

(Huevos con Tomato)

3 tomatoes	1 cup minced ham
1 tablespoon olive oil	6 eggs, well beaten

Peel and seed tomatoes. Chop them and sauté in the olive oil for 15 minutes. Add ham and eggs. Cook, stirring constantly, and serve when mixture is of proper consistency.

EGGS WITH CHEESE

(Huevos con Queso)

6 slices bacon	6 eggs
1 slice cheese	2 tablespoons hot cream
Salt and pepper	

Fry bacon crisp and place it hot with slivers of cheese on the bottom of a covered baking dish. Break eggs over them, season and pour in the hot cream. Place in moderate oven until eggs set.

EGGS WITH BRUSSEL SPROUTS

(Huevos con Coles)

1 dozen Brussel sprouts	1 tablespoon butter, melted
Salt and pepper	6 eggs
1½ cups white sauce	

Cook the sprouts, drain, season with salt and pepper. Roll in melted butter and place in a baking dish. Break the eggs over them, season and place in moderate oven (350° F.) until eggs set. Serve with white sauce.

EGGS WITH GARLIC AND CUMIN

(Huevos con Ajo e Comino)

20 blanched almonds	½ teaspoon cinnamon
1 clove garlic	½ teaspoon salt
1 slice bread	½ teaspoon saffron
3 tablespoons olive oil	½ cup water
2 peppercorns	4 eggs
1 teaspoon cumin seeds	

(Substitute caraway or anise)

Fry the almonds, garlic, and bread in olive oil. Remove, and pass through the meat grinder with the peppercorns and cumin seeds. Return to pan with the cinnamon, salt, and saffron, add ½ cup water and simmer 5 minutes. Then add beaten eggs and stir until thick.

EGGS WITH ARTICHOKES

(Huevos con Alcahofas)

1 garlic clove, crushed	Salt and pepper
1 tablespoon olive oil	½ cup thick tomato juice
Juice 1 lemon	6 eggs
6 artichoke bottoms	6 slices beef marrow
1 tablespoon minced parsley	

Fry the garlic in the olive oil and add the lemon juice and artichoke bottoms. Cover with boiling salted water and cook until the artichokes are tender, then remove from water and drain. Place in a hot flat serving dish and cover with a layer of hot tomato juice boiled down until thick. Fry one egg for each artichoke, season and place on top. Over the egg place a round slice of fried marrow and top the marrow with parsley.

SCRAMBLED EGGS

(Fritadas de Huevos)

1 onion, minced	1 ripe tomato, chopped
1 sweet green pepper, minced	4 eggs
1 tablespoon butter	Salt and pepper

Sauté the onion and pepper in butter 10 minutes. Add chopped tomato and sauté 10 minutes longer. Beat the egg yolks and whites separately and add to the mixture, stirring constantly until the eggs are cooked. Season to taste.

FRIED EGGS

(Fritada de Huevos)

4 eggs	1 garlic clove, minced
1 tablespoon olive oil	$\frac{1}{4}$ teaspoon black pepper
Salt	$\frac{1}{2}$ tablespoon vinegar
$\frac{1}{2}$ tablespoon hot water	

Fry the eggs in the oil on one side only; salt them and remove to a hot plate. Fry garlic in the oil with the black pepper. Be careful not to let it burn. Add the vinegar and water, heat and toss over the eggs.

STUFFED EGGS

(Huevos Hellenos)

6 hard-boiled eggs	1 teaspoon salt
3 teaspoons bread crumbs	Butter
3 teaspoons light cream	1 egg yolk, well beaten
3 teaspoons minced parsley	Flour
Cinnamon	

Cut eggs in half, remove yolks and mash with bread crumbs soaked in cream, and parsley. Season. Add enough butter to make a smooth paste. Fill egg whites and fasten together with a toothpick. Dip in beaten egg yolk and roll in flour. Fry in butter and sprinkle with cinnamon.

SPANISH OMELET

(Tortilla de Huevos Español)

5 tablespoons olive oil	1 green pepper, chopped
1 onion, sliced fine	2 cups beef broth
½ garlic clove, minced	Salt and pepper
1 large tomato, chopped	½ teaspoon minced parsley
4 mushrooms, chopped	7 eggs
5 tablespoons cold water	

Heat 2 tablespoons olive oil, add onion and fry slowly until it begins to color; add garlic and fry until golden. Then add tomato; simmer; add mushrooms and green pepper and simmer until thick. Pour in broth and simmer, stirring frequently until liquid is the consistency of a sauce; season and add parsley. At least three-quarters of an hour of constant care is necessary to bring this sauce to perfection. Beat eggs, with water and seasonings only, until thoroughly mixed. Heat remaining olive oil to near smoking, pour in egg mixture and reduce heat somewhat. Proceed to make omelet in the French manner, thus: Hold the handle of the pan with the left hand; as soon as a good film is set tilt pan toward you, lift the far half of film and fold it over toward you; set pan level again and liquid egg at once covers the bottom of the pan and a new film sets, which is lifted and deftly turned over the part already cooked. Repeat as many times as is possible, for the more layers of film, the more tender the omelet. When the last film is set lay some of the sauce across the center of omelet and roll the part already cooked over it. Leave only until well set, then slide onto a hot platter. Pour sauce around and serve at once. The omelet must be moist, and creamy, the inside having the tender consistency of a custard.

The pan is the secret of a successful omelet. It should be thick, shallow, wide, and have spreading sides, in order to allow the greatest freedom in manipulating the eggs; but most im-

portant of all, it must be kept perfectly smooth by being used for no other frying. In case the careless cook should allow the omelet to stick, the pan may be made smooth by heating oil or lard in it and then wiping it clean with successive wads of crumpled brown paper, rubbing and polishing until no vestige of scorched butter or egg remains. An omelet pan is always kept right for the next omelet by cleaning it in this manner. It should never be washed. A wide spatula is best for lifting the cooked film from the bottom of the pan, as well as for the final rolling and taking up.

HAM OMELET

(Tortilla de Jamón)

½ pound cooked ham, minced	3 cups milk
½ teaspoon minced onion	Salt
1 teaspoon minced parsley	1 teaspoon granulated sugar
2 tablespoons mashed potatoes	3 eggs
1 teaspoon butter	

Mix ham with onion and parsley. Dissolve the mashed potato in the milk with a pinch of salt and add with the sugar and the yolks of the eggs thoroughly beaten. Mix the ingredients well. Beat the whites of the eggs until stiff but not dry, and whip them into the omelet. Put in buttered baking dish and set in water in a moderate oven (350° F.) until set.

MEATS

(*Carnes*)

POT PIE

(*Menestra*)

2 tablespoons fat	1 hard-cooked egg, sliced
½ pound sausage, sliced	1 cup green lima beans
2 garlic cloves, minced	2 cups green peas
1 tomato, chopped	2 artichoke bottoms
½ teaspoon each, cinnamon, pepper and saffron	½ teaspoon salt
1 cup left-over meat, chopped	Boiling water
	1 standard recipe biscuit dough

Melt fat in sauce pan and fry sliced sausage in it. Remove sausage and fry the garlic and tomato. Mix cinnamon, pepper and saffron and add to garlic and tomato. Then add sausage, meat, egg, lima beans, green peas, artichoke bottoms and salt. Cover with boiling water and cook slowly, covered, until thick. Put into a baking dish, cover with a rich biscuit crust and bake quickly in a hot oven (400° F.).

WHITE PETTICOAT PIES

(*Pastelillos Saboyanos*)

Pie paste	½ teaspoon each of salt, nutmeg, saffron and sugar
½ pound cooked veal, chopped	
¼ pound cooked pork, chopped	¼ teaspoon freshly ground pepper
½ cup rich gravy	

Line patty tins with pie paste and cut out covers to fit. Mix all ingredients together, fill the little pies, cover and bake.

The frilled white crust gives them their quaint name "petticoats."

These pastelillos belong to the famous empanada family that has stretched from Spain and Portugal across to Cuba, Mexico and all Spanish American countries. There is nothing quite like them in any other cuisine and they go wonderfully with wine. Most recipes include olives for piquance and there is a resemblance between these pasties and olives, for both are acquired tastes. At first any sort of empanada may seem squashy, because of the abundance of juice and gravy generally lacking in other meat pies. But once the pastelillo appetite is formed they are downed by the peck, like oysters.

SAUSAGE BREAD

(*Coca de Sobreasada*)

1 standard recipe coffee bread	Uncooked pork sausage
dough	Paprika
Sweet green or red peppers	Granulated sugar

Roll coffee cake dough into a thin layer and place in a baking pan. Slice peppers and cover dough with them. Place on top pieces of sausage about the size of large plums. Powder scarlet with paprika. Sprinkle a generous amount of sugar over this and bake. Serve hot.

This is a delicious invention of Mallorca, where it is baked in huge stone ovens on round baking tins from 2 to 3 feet in diameter.

VEAL WITH ASPARAGUS

(*Ternera con Espárragos*)

2 ribs veal	1 small turnip, minced
Salt	3 small carrots, chopped
Water	1 bay leaf, minced
1 onion, minced	1 sprig parsley, minced

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| 1 bunch fresh asparagus | 1 tablespoon butter |
| 1 tablespoon flour | 2 egg yolks, beaten |
| Juice of $\frac{1}{2}$ lemon | |

Boil veal ribs in salted water together with the onions, turnip, carrots, bay leaf and parsley. Cut asparagus in 2-inch lengths and cook separately. When the meat is tender, thicken the broth with the flour which has been browned in the butter. Add beaten egg yolks and the lemon juice. Put in drained asparagus, boil up once and serve.

CALVES' BRAINS

(*Sesos de Ternera*)

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| 1 pair calf's brains | 3 tablespoons butter |
| $\frac{1}{4}$ cup vinegar | 3 sprigs parsley |
| Cooked green peas | |

Blanch brains in boiling water. Remove the outer skin, being careful not to break the inner tissue. Place in cold water for 1 hour. Drain, sprinkle 2 tablespoons of the vinegar over them and leave another half hour. Melt butter in saucepan, drain and lightly salt the brains and fry to a golden brown. Place on a hot serving dish and fry the parsley. Add remaining vinegar to pan, heat well and pour over the brains. Garnish with green peas.

KIDNEYS IN SHERRY

(*Riñones al Jerez*)

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| 2 tablespoons butter | Pepper |
| 1 sweet onion, minced | Salt |
| 1 pair veal kidneys | $\frac{1}{2}$ cup sherry |
| Cress | |

Melt butter in saucepan and brown the onion. Put in the kidneys after washing and cutting them into pieces. Add pepper,

salt and the sherry. Simmer 5 minutes, serve very hot in the sauce, garnished with cress.

BEEF TOLEDO STYLE

(*Vaca a Estilo de Toledon*)

¼ pound sliced bacon	Herb bouquet
1 (4-pound) roast	½ cup red wine
2 carrots, minced	Juice ½ lemon
1 onion, minced	Salt

Pepper

Put strips of bacon in the bottom of a baking pan and lay the roast over them. Cover with carrots, onion and bouquet. Pour wine in the bottom of the pan with lemon juice. Season with salt and pepper, cover very closely and bake in a moderate oven (350° F.) basting occasionally. Pour fat from the pan, strain remaining gravy and serve with the meat.

A bottle of dry white wine and another of common red wine always stand on the kitchen shelf. The Spanish cook, in contrast to the French chef, is very informal about the use of wine in cooking. A splash of wine will moisten a drying dish, when water would spoil the texture. And a few tablespoons of wine are thrown into the roasting pan for basting, or added to thin a sauce. Wine will soften a tough cut of meat and shorten the cooking time. In such cases the wine does not appear as an ingredient in a recipe. Red wines are used with red meats; white wines with white meats, fish and vegetables.

ROAST BEEF SPANISH STYLE

(*Rosbif Español Pizado*)

1 (5-pound) roast	Salt
3 tablespoons olive oil	½ cup red wine
1 teaspoon each pepper, bay leaf, parsley and chopped scallions	

Marinate meat 8 to 10 hours in a mixture of olive oil, pepper, bay leaf, parsley and scallions. Place in a roasting pan, season with salt and add marinating mixture. Roast in a hot oven (400° F.) about 20 minutes, turning several times. Reduce heat, add wine and finish roasting, basting frequently.

The beef of Spain is raised for bull-fighting and not for the table, hence it lacks the richer flavor and juicy tenderness of finer beef cattle. To overcome this lack, the beef is not only hung for 2 or 3 days but the Spanish cook marinates it, thereby adding greatly to the flavor.

There are four common methods of roasting to choose from: on the spit, in the oven, enveloped in oiled paper, and between the gridirons over clear coals; but preference is usually given to the spit, on which the meat continuously turns before a lively charcoal fire until it is well seared. Then the heat is lessened and the roast is frequently basted with wine, its own juices, and some of the seasoned oil. A long needle is thrust into the meat when it is considered properly roasted, and if no blood follows but just a rich reddish juice flows, the roast is taken up. Its juices caught in a pan underneath are poured around it, and a dish of potatoes, mashed, boiled, or in croquettes, invariably accompanies it to the table.

SPANISH BEEFSTEAK

(Châteaubriant à la Española)

One thinks of this dish as belonging exclusively to the French cuisine; but it is very common in the Spanish kitchen. The steaks are $\frac{1}{2}$ the thickness of the French cuts. Well pounded at first, they are then quickly broiled, seasoned and served on toast with little mounds of tender peas and melted butter topping them, and with a sprig of parsley added. Bits of truffle are often mixed with the peas.

NATIONAL BEEFSTEAK

(Biftec Nacional)

1 small steak	1 egg yolk
1 veal kidney	1 tablespoon butter, melted
2 slices toast	1 tablespoon each: Spanish
1 teaspoon minced parsley	sauce, purée of cabbage
Lemon slices	and fried carrot

Grill a small steak with the kidney, cut in half. Place on a hot service plate with a piece of toast under each kidney half. Garnish with parsley on one side of the plate and slices of lemon on the other side.

Beat egg yolk. Add butter, Spanish sauce, cabbage purée and carrot. Heat over water until it thickens, stirring frequently. Pour over the kidney.

BEEF OR MUTTON STEAKS WITH PINE NUTS

(Bifes con Piñones)

2 tablespoons fat	2 tomatoes, sliced
2 pounds beef or mutton, sliced thin	1 teaspoon salt
1 garlic clove, minced	¼ teaspoon pepper
1 sprig parsley, minced	1 teaspoon cinnamon
	½ cup whole pine nut meats
	½ cup ground pine nuts

Heat fat in a saucepan. Pound the meat, brown with garlic and parsley in the fat. Then add the tomatoes and let simmer 10 minutes. Add salt and enough boiling water to just cover the meat. Cook slowly, turning occasionally, for another 20 minutes. Then add pepper, cinnamon and the pine nuts. Cook 10 minutes, stirring frequently.

COOKED MEAT IN GRAVY

(Carne del Cocido en Salsa)

2 cups cooked meat, chopped	1 pint meat broth
2 cups small potatoes, chopped	Salt and pepper
2 tablespoons butter	$\frac{1}{2}$ tablespoon flour
1 onion, chopped	$\frac{1}{4}$ teaspoon each saffron and
1 garlic clove, minced	cinnamon
2 tomatoes, chopped	

Cut meat into small pieces and brown with the potatoes in hot butter. Add the onion and garlic and brown. Then add tomatoes and broth and cook until the potatoes are tender. Season to taste with salt and pepper; thicken with flour blended with a little water; stir in the saffron and cinnamon; serve hot.

RAGOUT OF MEAT

(Guisado de Carne)

2 tablespoons olive oil	4 cups cooked meat
1 garlic clove, minced	Beef broth
1 green pepper, minced	4 potatoes, sliced thickly
1 teaspoon salt	3 green peppers, broiled
$\frac{1}{2}$ teaspoon saffron	1 cooked beet, sliced

Heat oil in a kettle until it smokes, then cool a little and fry in it the garlic, green pepper, salt and saffron. Add meat and boiling broth to cover. Add potatoes and allow to simmer until they are tender. 5 minutes before serving, add the peppers and beet which has been fried.

In Europe the beets are sold in the market already boiled.

COOKED MEAT WITH FILBERTS

(Carne con Avellanas)

4 cups cooked meat, cut up	1 sprig parsley, minced
3 tablespoons butter	2 tomatoes, chopped
1 onion, minced	Salt and pepper
1 garlic clove, minced	$\frac{1}{2}$ cup whole filberts, roasted
	$\frac{1}{2}$ cup filberts, ground

Brown meat in a sauce pan with butter. Add onion, garlic and parsley and brown. Add tomatoes and cook until onion is tender and mixture has thickened. Season with salt and pepper. Add the filbert and serve.

OX-TONGUE BAKED

(Lengua de Vaca Asada)

1 smoked tongue	1 onion, chopped
Bacon strips	1 garlic clove, minced
Herb bouquet	Salt
$\frac{1}{4}$ cup butter	6 peppercorns
$\frac{1}{2}$ cup white wine	

Soak tongue overnight. Cover with boiling water and slowly cook until just tender. Drain, remove skin and roots; lard with bacon strips. Lay in roasting pan or pot-roast kettle with all other ingredients; add 2 cups of the tongue liquor, and bake or pot-roast, turning occasionally until liquid has evaporated and tongue is lightly browned. Take up. Add a little of the tongue liquor to pan contents, boil up, strain, and serve as a sauce.

PORK IN PATAPAR

(Albóndigas Empapeladas de Cerdo)

2 pounds pork loin	$\frac{1}{4}$ teaspoon pepper
$\frac{1}{2}$ pound ham	Juice 2 lemons
2 teaspoons salt	2 tablespoons butter, melted
	Bread crumbs

Chop the pork and ham fine. Season with salt, pepper and lemon juice. Form into balls and roll in melted butter, then in bread crumbs. Envelop each ball in a piece of oiled paper and bake. Serve very hot in the papers.

PORK HAMBURGERS

(Carne de Cerdo en Tortilla)

2 pounds lean pork	2 teaspoons butter, melted .
1 onion, minced	1 teaspoon vinegar
1 garlic clove, minced	1 egg yolk
1 sprig parsley, minced	Bread crumbs
1 teaspoon each salt, pepper, cinnamon and saffron	Fat for frying

Put pork through a grinder and place in a bowl with onion, garlic and parsley. Add salt and pepper, cinnamon and saffron. Stir in butter and vinegar. Let the mixture season for an hour. Form into cakes, dip in egg yolk beaten with a little cold water and cover with bread crumbs. Fry on both sides.

Tortillas of beef and mutton are made the same way.

The Spaniard utilizes every portion of the pig; nothing is thrown away. The tail, the ear, the snout and the ribs figure largely in their succulent cocidos. The kidneys are cooked in wine. Chitterlings appear in pies. A roast ham is usually the selection for a formal occasion, and an embuchado, a large sausage made of pork minced fine, is the popular choice of a more intimate table, while jellied pigs feet are luncheon treats.

SUGARED PORK

(Carne de Cerdo en Dulce)

1 pork loin	2 tablespoons syrup
Salt and pepper	2 tablespoons granulated sugar
2 tablespoons fat	Thin slices orange
1 pint white wine	Parsley sprigs

Rub the meat well with salt and pepper and brown it nicely in hot fat. Add the wine, syrup, and just enough boiling water to half cover. Cover the kettle as close as possible and let simmer until tender, turning every 5 minutes at first, then every 10

minutes. Allow 30 minutes to the pound. When tender take out and sprinkle sugar over it. Set under grill until a sugar crust forms. Garnish with orange slices and parsley.

Serve with salsa de Catalana, substituting the liquid in which the pork was cooked for the salsa española required in the salsa de Catalana recipe. (See under sauces.)

PORK CHOPS WITH CAPERS

(Chuletas de Cerdo con Alcaparras)

6 pork chops	1 teaspoon vinegar
Salt	1 green pepper, minced
Flour	2 tablespoons capers
1 tablespoon butter	Parsley sprigs
Hot meat broth	12 Spanish olives

Have the chops cut fairly thin, salt them and roll in flour. Heat butter in a sauce pan and put in the chops, turning them until both sides are a golden brown. Then put in enough broth to not quite cover them and add vinegar. Cook, closely covered, over moderate heat for 40 minutes. When ready to serve add green pepper and capers. Garnish with parsley and olives.

Pickled green nasturtium seeds are much used in place of capers, for the Spaniards consider the nasturtium, flowers, leaves, stems and seeds, indispensable ingredients in several dishes.

GRILLED RASHERS OF PORK

(Lonjas de Cerdo Esparrilladas)

1 pound lean pork	Olive oil
Salt and pepper	Chestnut and red bean purée

Cut pork as thin as breakfast bacon. Season with salt and pepper and rub on each side with olive oil. Grill under a quick flame 15 minutes, then arrange on a plate in the form of a crown a thick purée of chestnuts and red beans in the center

holding up the pork rashers. The purée must be as thick as mashed potatoes.

ORENSE CURATES HAM

(Jamón del Cura de Sacra de Orense)

1 ham	3 onions, sliced
Sour grass or sorrel	Herb bouquet
$\frac{1}{3}$ cup coriander seeds	Granulated sugar
3 carrots, sliced	Parsley
1 parsnip, sliced	1 tablespoon flour
2 tablespoons sherry	

Put ham in a large pot with a wisp of sour grass, coriander seeds, carrots, parsnip, onion and herb bouquet, and cold water to cover. Bring to a boil, then simmer about 3 or 4 hours, or until tender. Wash skin in hot water, but do not remove it, for the Spanish cook says "the skin of the ham is the bottle that holds the perfume within." Rub skin generously with sugar and brown in the oven. The Spanish cook uses a red hot Pala or salamander to melt the sugar into the skin and brown it to a golden crust. Serve on platter in a nest of parsley and ornament shank bone with a paper rosette. Make sauce by browning flour in 1 tablespoon fat skimmed from the cooking liquor. Gradually stir in 1 cup strained liquor, add sherry and serve.

A hot spinach pie usually accompanies baked ham. This is simply minced cooked spinach, well seasoned, covered with a pie crust and baked. If the occasion is a fiesta, there will be purées of apples and chestnuts; and gelatines cut in fancy forms, sugared, and dipped in chocolate.

Throughout the province of Orense ham is at its best, the hog's fare being almost exclusively the big rich chestnuts of the region. Other fine hams come from Aviles, Jabuco, Montachez, Trevelez, and Villalba.

ROAST KID (*Cabrito Asado*)

4 pounds young goat meat	1 teaspoon thyme
1 cup vinegar	1 bay leaf, crushed
2 onions, minced	1 teaspoon salt
1 garlic clove, minced	½ pound salt pork

Marinate the meat for several hours in a pickle made with a mixture of all the ingredients except the salt pork. After 5 hours remove the meat from the pickle, cut the salt pork in thin shreds and lard the meat well with it. Then envelop meat in well-oiled paper bag and put it in the oven to bake. After ½ hour turn it over. Take it out of the paper to brown well, and serve in its own juices.

CHICKEN SPANISH STYLE (*Pollo à la Español*)

1 young chicken	2 ground peppercorns
1 slice salt pork	1 teaspoon salt
1 teaspoon flour	6 or 8 boiled potatoes
2 cups tomato juice	1 cup green peas

Joint the chicken and dice the salt pork. Fry the pork in a saucepan and brown the chicken in the fat. Stir in the flour and add the tomato juice. Add pepper and salt and sufficient boiling water to just cover the chicken. Cover closely and let cook until tender.

Cook potatoes and peas separately and add to the cooked chicken. Let all heat together for 5 minutes with the cover off, then serve.

CHICKEN WITH RICE (*Arroz con Pollo*)

1 cup cooked chick peas	3 pimientos, sliced
1½ cups tomatoes	1 onion, minced

½ bay leaf	1 good-sized frying chicken
2 cloves	Flour
1 teaspoon salt	3 teaspoons olive oil
3 peppercorns, ground	1 cup boiled rice
¼ pound Spanish sausage	1 dozen clams
(substitute salami)	Stuffed olives
Pepper rings	

Drain chick peas and place in a deep kettle. Add the tomatoes strained, the pimentos, onion, bay leaf, cloves, salt and pepper. Cut the sausage in ¼-inch slices and add to the mixture. Let all simmer for ½ hour and in the meantime joint the chicken. Salt it well, flour it and brown well in olive oil, then add it to the contents of the kettle together with the rice and a little boiling water. Simmer together for 1 hour, stirring occasionally. Add clams, cut in pieces, and their liquor. Cook 10 to 15 minutes longer, season, if necessary, and serve on a large deep platter, well-heated.

Garnish with stuffed olives and rings of sweet pepper.

Like so many Spanish dishes, this is a whole meal in itself. It may be made very satisfactorily by substituting navy beans for the Spanish peas, though it is the latter that gives the dish its fine flavor; and the clams may be omitted, though they are a tasty touch.

FRICASSEED CHICKEN

(*Fricase de Pollos*)

1 young chicken	6 stuffed olives
Salt	1 cup green olives
Pepper	1 tablespoon chopped parsley
Flour	1 cup tomato juice
1 onion	2 tablespoons toasted bread,
2 garlic cloves	ground fine
Fat	¼ teaspoon sage

Joint the chicken, season and dredge with flour. Chop the onion and garlic fine and fry with the chicken in fat. When the chicken is brown and tender take up and keep hot. Pour off all the fat from the pan except 1 tablespoon and add to it the olives, both green and stuffed, and the parsley. Stir well together and then add the tomato juice, bread crumbs and sage. Season if necessary. Simmer 10 minutes, and serve either in a boat or poured over the chicken.

CHICKEN VALENCIA STYLE

(Pollo à la Valenciana)

1 fowl	Salt
2 tablespoons fat	Pepper
1 onion, chopped	1 bay leaf
2 slices bacon, chopped	2 cloves

Rice, Valencia style

Disjoint chicken and brown in fat with onion and bacon. Add seasonings, cover with boiling water and simmer until nearly done. Remove chicken and arrange pieces in an earthenware casserole. Add rice cooked Valencia style; add chicken liquor and cook until very tender.

RICE VALENCIA STYLE

1 cup rice	2 dashes cayenne
2 garlic cloves, minced	½ teaspoon saffron
1 onion, minced	1 quart boiling water
2 tablespoons olive oil	1 small lobster
2 medium tomatoes	12 mussels
Salt	2 pimentos, chopped

Wash rice through several waters and dry thoroughly. Fry garlic and onion slowly in the oil. Add uncooked rice and fry until it begins to brown. Chop tomatoes, mix with seasonings and add to rice. Continue frying. Add boiling water and boil

rapidly, uncovered, for 15 minutes. Add chopped meat from lobster, mussels and pimentos. Cook 10 minutes.

GUINEA HEN

(*Gallinaza de Indias*)

Salt	1 grating nutmeg
4 peppercorns, crushed	1 bay leaf
1 guinea hen, jointed	1 sprig thyme
Flour for dredging	1 small stick cinnamon
3 tablespoons olive oil	3 young turnips
2 onions	6 small carrots
2 cloves	3 parsnips
	2 tablespoons butter

Salt and pepper the pieces of fowl and dredge with flour; fry brown in the oil. Pierce each onion with one clove. Put all ingredients together, except the butter, in a deep sauce pan. Cover with boiling water and cook slowly until meat is tender. Take up the guinea hen. Remove cinnamon, bay leaf, and cloves, and press broth and vegetables through a sieve. Add butter to this purée. Put the guinea hen into it, reheat, and serve very hot.

ROAST TURKEY

(*Favo Asado*)

1 (5- or 6-pound) young turkey	$\frac{1}{3}$ pound ham, sliced thin
Salt and pepper	$\frac{1}{3}$ pound fat pork, sliced thin

Thoroughly clean, wash and season the bird, but do not stuff it. Tie ham and pork slices under and around it with thread. Envelop it in an oiled paper bag and place it in the baking pan. Put into the oven to bake, not too fast. Baste frequently by turning it over in the pan. When the turkey is nearly done remove the paper, pork and ham slices and finish roasting.

Skim grease from pan gravy, and pour over bird when serving.

In Spain all turkeys seem young and tender. They are driven in droves through the streets of Seville, and the driver bargains with the housewife through her open window or door.

Turkey is the festive bird, no Spanish Christmas is complete without it, although instead of being eaten at noon it is served at about two o'clock Christmas morning, after the people have returned from midnight mass. The feast usually begins with wonderful almond soup, for Jordan almonds are indigenous to Spain, and marches to the tune of drum-sticks right through to nuts, Malaga raisins and numerous sweets and wines, enough to last till dawn.

The gobbler is specially prepared for killing by having a big drink of old sherry forced down his gullet, enough to make him quite groggy. This renders the meat even more tender and palatable. The turkey is then painlessly decapitated, defeathered and hung in the open air, preferably throughout a clear moonlight night. Next day he is cleaned, dressed, washed out with sound white wine, stuffed with chestnuts and walnuts, put in the oven and lovingly basted with a rich broth prepared well in advance.

ROAST QUAIL

(*Codornices Asadas*)

Quail	Salt and pepper
Celery sprigs	Bacon slices
Grape leaves	

Season birds inside and out. Place a celery sprig and the bird's giblets in each. Season, cover breasts with bacon slices, and truss birds. Wrap in grape leaves and tie with twine. (If leaves are old and bitter, scald them in boiling water.) Lay in roasting pan and bake in slow oven (300° F.); or roast on spit before open fire.

SMALL GAME BIRDS, ROASTED

(Caza Menor Asada)

Small birds	1 clove
$\frac{1}{4}$ cup butter or olive oil	1 onion, minced
Salt	$\frac{1}{2}$ garlic clove, minced
6 peppercorns	Small fresh mushrooms
2 sprigs parsley	White wine
1 bay leaf	Bread browned in butter

Pluck and prepare the birds. Pack, breasts down, close together in a pan, with all seasonings, garlic and mushrooms. Pour in white wine to half the height of the birds. Cover close and simmer or bake, basting, and turning birds when half done. Drain and keep hot. Strain sauce and reduce. Serve each bird, with a mushroom, on a piece of browned bread. Pour sauce over, or serve separately in a sauce boat.

Wild birds are a frequent and popular lunch feature, and all is game that flies, from partridge, doves and quail, to the smallest reed or song birds, the latter being sold a dozen on a string, each bird being little more than a mouthful. Tiny birds are cooked entire with both head and tail.

SOUSED PARTRIDGE

(Perdiz de Escabeche)

1 pair partridges	1 bay leaf
Salt	2 garlic cloves, unpeeled
4 peppercorns	$\frac{1}{4}$ cup white wine vinegar
2 cloves	6 tablespoons olive oil
2 sprigs parsley	Veal or chicken broth
2 sprigs celery	Gelatin

Prepare birds and cut each in 5 pieces. Pack into a sauce pan with seasonings, spice, herbs and garlic. Add vinegar, oil and sufficient boiling broth to cover. Cook until tender. Drain

and lay in a mold or deep platter. Skim oil from broth, strain through a cloth, and measure. Add gelatin according to instructions on package for the making of aspic. Pour over birds, cool and chill. Unmold, and dress with any desired garnish.

YOUNG RABBIT WITH HAM

(*Gazapo con Jamón*)

1 pair young rabbits	2 slices bacon, minced
1 teaspoon salt	1 garlic clove, minced
1 teaspoon pepper	2 bay leaves, minced
3 tablespoons butter	1 tablespoon flour
Rind $\frac{1}{2}$ lemon, shredded	1 cup claret
1 onion, minced	1 tablespoon capers
$\frac{1}{4}$ pound ham, minced	Fried bread

Clean the rabbits, cut into pieces at the joints and rub well with salt and pepper. Reserve liver. Melt butter in a saucepan. Add rabbit and let it brown slowly. When nearly brown, add lemon rind, onion, ham, bacon, garlic and bay leaves. Then stir in flour and continue frying.

Meanwhile, cook rabbit liver in 2 cups water, mash together and add with the wine. Simmer about an hour. Add capers. Serve on a hot dish with fried squares of bread.

RABBIT IN PATAPAR

(*Conejo Empapelado*)

1 young rabbit	1 sprig parsley, minced
1 tablespoon butter	1 teaspoon salt
4 green onions, chopped	1 teaspoon pepper
1 garlic clove, minced	$\frac{1}{4}$ pound sliced bacon

Select a young and fat rabbit, clean and wash it well, and quarter it. Melt butter in a saucepan and brown in it the green onions, garlic and parsley. Add the salt and pepper. Wrap bacon around each quarter of the rabbit and place on heart-

shaped oiled paper. Put $\frac{1}{4}$ of the seasoning over each rabbit portion. Double paper over like an envelope; crease edges together in a hem and secure with paper clips. Place in baking pan and bake in a quick oven. Without removing the wrapping papers, carry to the table on a napkin-covered plate.

ROASTED HARE

(Liebre Asada)

1 young hare	Hare's liver and heart
Vinegar	1 scallion, minced
Bread stuffing	Sprig of parsley, minced
3 tablespoons butter	1 tablespoon fresh butter
1 teaspoon salt	1 tablespoon flour
1 teaspoon pepper	2 cups meat broth
1 slice salt pork	1 cup claret

Clean the hare well, rub the inside with vinegar and wipe dry. Fill with a simple bread stuffing and sew up the opening. Rub the hare with seasoned butter, lard it with slivers of the salt pork and put it in the oven. It will take about an hour to bake and should be basted occasionally with butter. Cut the liver and heart into small pieces, combine with scallion and parsley, and put all into a saucepan with 1 tablespoon of fresh butter. Blend in flour and stir in broth and wine gradually. Cook until reduced one-third. Add to the pan gravy of the hare, and serve.

SAUCES AND GARNISHES

(*Salsas y Guarniciones*)

SPANISH SAUCE

(*Salsa Española*)

4 pounds beef bones	5 tablespoons fat
4 quarts boiling water	1 quart dry white wine
Salt	3 tablespoons flour
Pepper	2 carrots
$\frac{1}{2}$ pound ham	2 onions
$\frac{1}{2}$ pound neck of veal	1 young turnip
2 garlic cloves	Herb bouquet

Wash and scrape bones well and cover with boiling water. Season with salt and pepper and cook gently until reduced one-half. Dice the ham, cut the veal in small pieces, mince the garlic and brown all lightly and slowly in 3 tablespoons of the fat, being careful not to let them scorch. Then drain off the fat, add the wine and simmer half an hour. Slightly brown, flour, and add remaining fat, stirring continually. Add the strained broth from the bones, pouring it in slowly and steadily stirring until it is all combined and of a velvety quality. Then add the ham and veal and the wine they were cooked in, the carrots, onions and turnip, all chopped fine, and the herb bouquet (thyme, parsley and a bay leaf, tied together). Keep the flame low, and let the contents of the pot simmer gently for 3 hours, stirring every 5 or 10 minutes until reduced to the consistency of gruel. Then strain through a wire sieve, season if necessary and cook 15 minutes longer. It is ready then to remove and cool. This sauce will keep a month in the refrigerator.

The Española, favorite sauce of the Spaniards, is the most important: *La madre de todas las dames*—the mother of all others. It forms the basis of all good brown sauces, its rich, exquisite flavor being due undoubtedly to the ham or bacon used in its composition and the long cooking process the flour and vegetables are subjected to. It is not made in a hurry, but is well worth the trouble.

ALMOND SAUCE

(Salsa Nogado)

20 blanched almonds	1 cup bread crumbs, fried
1 garlic clove	1 tablespoon vinegar
Olive oil	1 tablespoon water

Pound the almonds and garlic to a paste in a mortar. With the pestle work in sufficient oil to make a smooth paste. Wet the fried bread crumbs with vinegar and water and work well into the paste. Then add just enough water to make it the consistency of thick cream.

Served with all fried fish and cooked beans, fresh or dry.

SAUCE FOR GRILLED FISH

(Salsa Para Pescado en Parillas)

2 tablespoons butter	½ tablespoon lemon juice
½ teaspoon mustard	Salt and pepper
Minced tarragon or parsley	

Simmer in a little saucepan, without boiling, the butter, mustard, and lemon juice until smooth. Then add seasonings, a little tarragon and serve with grilled fish.

HARD-BOILED EGG SAUCE

(Salsa de Huevo Duro)

1 hard-boiled egg yolk	2 tablespoons olive oil
Salt and pepper	1 teaspoon mustard
1 teaspoon vinegar	

Put the egg yolk in a bowl and mash it. Season with salt and pepper and add, little by little, the oil, mustard and vinegar. Beat until smooth.

Serve with salad or fish.

A GENERAL SAUCE FOR BAKED FISH (*Salsas Asado al Horno*)

1 garlic clove, minced	Salt
1 tablespoon olive oil	$\frac{1}{4}$ teaspoon minced marjoram
1 cup tomato purée	2 peppercorns, ground
2 tablespoons toasted crumbs	$\frac{1}{2}$ cup dry white wine

Fry the garlic in the oil, and add other ingredients. Mix thoroughly, heat well and serve with baked fish.

CREAM SAUCE (*Salsa de Crema*)

$\frac{1}{2}$ cup butter	2 cups cream, or milk
Sprig of parsley, minced	Salt
1 onion, minced	Nutmeg
1 tablespoon flour	1 teaspoon pepper sauce

Melt butter in a saucepan. Put in the parsley and onion. Fry gently until the onion is a delicate brown, then stir in the flour and gradually add the cream or milk. Season with salt, a grating of nutmeg and the pepper sauce. Cook gently 15 minutes.

An excellent sauce for codfish or potatoes.

FISH SAUCE (*Salsa Para Pescados*)

1 tablespoon olive oil	2 cups boiling water, or fish broth
2 tablespoons butter	
1 cup chopped mushrooms	2 tablespoons capers
2 teaspoons flour	Salt and pepper

Heat olive oil in saucepan until it smokes. Cool a little and add the butter, then the mushrooms and simmer gently until tender. Stir in the flour and cook slowly for 10 minutes. Add the boiling broth gradually. Put in the capers, season to taste and serve.

SAUCE FOR OMELET

(Salsa Para Tortilla de Huevos)

1 pint consommé	1 tablespoon catsup
1 tablespoon butter	½ teaspoon onion juice
1 tablespoon flour	Salt
1 tablespoon Worcestershire sauce	Pepper
	1 tablespoon sherry

Boil consommé until reduced one-half. Melt butter, add flour, then consommé, stirring continually while the sauce cooks 10 minutes. Then add the Worcestershire sauce, catsup and onion juice. Season to taste with salt and pepper. Take from fire, add the sherry and pour over omelet.

SPECIAL SAUCE FOR MEATS

(Salsa Especial)

1 large sweet onion	1 cup white wine
2 tablespoons butter	1 cup Spanish sauce

Slice the onion thin and fry to a golden brown in the butter. Add wine, and cook until onion is tender and the liquid reduced two-thirds. Then add the Spanish sauce and cook 10 minutes before serving.

SAUCE OF CATALAN

(Salsa de Catalana)

2 shallots	1½ cups Spanish sauce
5 chestnuts, blanched and peeled	

Mince the shallots fine and put in a saucepan with the Spanish sauce. Cook for 20 minutes and add the chestnuts, sliced

thin. Simmer, taking care that chestnut slices remain whole.
Serve hot, with meat or fowl.

OLIVE SAUCE

(*Salsa de Aceitunas*)

1 cup black olives	1 tablespoon ham or bacon fat
1 cup beef juice	$\frac{1}{4}$ teaspoon each salt and pepper

Wash the olives well, remove the pits and mince fine. Mix them with the beef juice, ham fat and seasonings. Cook over a low flame for 5 minutes, and serve.

Fine with roast beef.

SAUCE TO ACCOMPANY A STEW

(*Salsa Para el Cocido*)

1 small onion	2 tablespoons olive oil
Sprig of parsley	1 tablespoon vinegar
$\frac{1}{2}$ sweet pepper	$\frac{1}{4}$ teaspoon salt

Chop onion, parsley and pepper and mix with the oil, vinegar and salt. Serve in sauce boat.

This recipe is multiplied in proportion to the quantity desired.

RADISH SAUCE

(*Salsa de Rábanos*)

1 cup light cream	$\frac{2}{3}$ cup grated radish (large, white, sharp-flavored variety)
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Bring the cream slowly to a boil and add the grated radish. Stir well and serve at once on top of a meat roast.

Excellent with saddle of mutton.

PIQUANT SAUCE

(Salsa Picante)

1 teaspoon butter	Salt and pepper
1 teaspoon flour	2 sweet peppers, minced
$\frac{2}{3}$ cup beef broth	$\frac{1}{2}$ teaspoon each minced
$\frac{1}{3}$ cup vinegar	parsley and tarragon
$\frac{1}{2}$ teaspoon lemon juice	

Melt butter in saucepan; add flour, and when it browns add the broth slowly and then the vinegar, stirring the sauce smooth. Season with salt and pepper and cook slowly 10 minutes, until the raw taste of the flour disappears. Add the peppers, the parsley, tarragon and lemon juice, and take from fire.

Serve with roast beef, mutton, or game.

BROWN SAUCE

(Salsa Rubia)

1 tablespoon flour	2 cups richly seasoned
1 tablespoon fat of cooked fowl, beef or mutton	broth

Brown flour in the fat, not too dark, and add the broth slowly. Cook 5 minutes.

Serve with poultry or meat.

SAUCE FOR ROASTED BIRDS, PIGEONS, ETC.

(Salsa para Aves Asadas)

3 shallots, minced	$\frac{1}{2}$ cup Spanish sauce
1 quart white wine	Pepper

Cook shallots gently in wine until liquid is reduced one-third. Add Spanish sauce and simmer a few minutes longer. Pepper well and serve.

SAUCE TO SERVE WITH RABBIT

(Salsa Para Liebre)

1 tablespoon sweet butter	3 tomatoes, chopped
1 tablespoon flour	Rabbit liver
2 slices bacon, minced	Salt and pepper
1 garlic clove, crushed	$\frac{3}{4}$ cup vinegar
1 $\frac{1}{2}$ cups water	

Melt butter and add flour. Stir over low flame until delicate brown. Add bacon, garlic, and the tomatoes. Stir the sauce and cook slowly. Broil the rabbit liver, mash it and add to the sauce. Season with salt and pepper. Add the vinegar and water, and allow the sauce to simmer 1 hour, then strain.

The Spanish cook saves the blood of the rabbit and mixes a little vinegar with it to prevent it from coagulating. It is then strained and added gradually to the sauce just before serving.

WHITE SAUCE

(Salsa Blanca)

1 tablespoon flour	1 cup white wine
2 peppercorns, ground	3 tablespoons butter, melted
$\frac{1}{2}$ teaspoon salt	2 egg yolks, well beaten
$\frac{1}{3}$ cup chicken or veal broth	Juice of 1 lemon

Melt 1 tablespoon butter. Add flour. Season. Add broth and wine. Simmer 10 minutes, stirring constantly. Beat 2 tablespoons melted butter with the egg yolks and lemon juice. Remove from fire and add to egg mixture. Finish cooking in double boiler. Serve at once with vegetables or white meat.

GREEN SAUCE

(Salsa Verde)

2 cups chopped spinach	1 sprig parsley, minced
1 cup chopped watercress	1 sprig chevril, minced
2 tarragon leaves, minced	$\frac{1}{2}$ cup salted boiling water
1 cup mayonnaise	

Cook the greens, closely covered, in their own juices, for 5 minutes. Drain well, mash thoroughly and add the salted boiling water, making a thick purée. Pass through a fine wire sieve and whip into the mayonnaise.

SAUCE TO ACCOMPANY FRESH KIDNEY BEANS

(Salsa Para Judías Verdes)

1 clove of garlic	1 teaspoon minced parsley
1 sweet pepper	2 tablespoons vinegar
1 cooked tomato	½ teaspoon saffron
1 large cooked potato	2 tablespoons beef broth
½ cup cooked squash	Salt and pepper

Put the garlic and pepper through the meat grinder. Strain the tomato, mash the potato and squash. Put all of the ingredients together and mix thoroughly. Season with salt and pepper and serve in a sauce boat.

TOMATO SAUCE NO. 1

(Salsa de Tomates No. 1)

1 slice ham or salt pork	1 bay leaf, minced
1 tablespoon fat	12 ripe tomatoes, peeled
2 garlic cloves, minced	Salt and pepper
1 onion, minced	1 pint beef broth
2 carrots, minced	1 tablespoon flour

Put ham or pork through the meat grinder and fry in lard a few minutes. Add the garlic, onion, carrots and bay leaf. Stir into the fat until all are a light brown. Crush tomatoes with a wooden spoon into the meat and vegetables. Stir well and season. Cover and cook over a slow fire until the juice of the tomatoes thickens. Then add broth and flour dissolved in a little water, cook 10 minutes longer and strain.

TOMATO SAUCE NO. 2

(Salsa de Tomates No. 2)

1 garlic clove	1 teaspoon marjoram
3 large tomatoes, peeled	½ teaspoon salt
¼ teaspoon cumin seeds	2 peppercorns, ground
(or anise or caraway)	Vinegar
Water	

Rub inside of a salad bowl with garlic. Dice tomatoes and place in bowl. Add cumin, marjoram, salt and pepper. Barely cover with equal amounts of vinegar and water.

Serve with boiled beef.

GARNISH FOR VEAL OR MUTTON

(Guarnición Para Ternero o Carnero)

Sliced onions and sliced potatoes, fried separately in olive oil or lard, well seasoned, often accompany veal or mutton.

Or a thick purée of dried beans surrounding tender young artichokes fried in butter; little clusters of cauliflowers that have been dipped in a tart sauce; and small potatoes, browned in butter and powdered with bits of parsley; all of these are excellent accompaniments to either dish.

GARNISH FOR FOWLS

(Guarnición Para Pollos)

Cut salt pork in thin strips, fry in butter to a golden crisp and dust with a little powdered sugar. Mold acidulated, boiled onions in gelatine. Cut mushrooms in half and fry in butter. To garnish roast chicken or pigeons.

GARNISH FOR BIRDS

(Guarnición Para Aves)

Decorate with large fancy olives, tiny glazed onions and rings of uncooked sweet peppers.

Black, gray, yellow, purple, mauve and green olives, some small as cherries, others big as plums, plain, salted, pickled or bursting with rich stuffing, are sold by weight from jars and tubs in the markets and at the food shops. Like old-fashioned pickles here at home, olives are put up according to a thousand private recipes. A favorite method of pickling the large varieties is to slash the flesh and insert bits of highly flavored filling before immersing in the pickling liquid, which may be manzanilla or other white wine, wine vinegar or Asturian cider vinegar. All varieties are more tasty than California "queens" and in some cases this is because of the clever gashings, gorings and stuffings that carry the seasonings right into the pit. These olives are stoned and twisted into appetizing *bonne-bouches* to accompany many meat dishes. The Spanish cook also uses them generously in the making of stews and ragouts. A meal without olives in some form is not to be found in all Spain.

GARNISH OF ARTICHOKEs

(Guarnición de Alcachofas)

Fry artichokes previously boiled. Cut in half, and place in a circle on a hot serving plate, alternately with cooked asparagus tips dipped in butter. Pile in the center small potatoes roasted brown, and serve with *salsa verde*.

GARNISH FOR BROILED MEATS

(Guarnición Valenciano)

Surround with fried eggplant, tomatoes or onions.

Fried Eggplant: Cut into $\frac{1}{4}$ -inch slices. Make a batter with flour and 1 egg. Season the slices of eggplant well and soak in the batter. Lift out and fry in boiling lard. When brown, turn and fry the other side. Drain on brown paper.

Fried Tomatoes: Slice very thin and season. Dip slices in beaten egg, then into bread crumbs and fry in hot fat. Turn care-

fully with a cake turner; pile on a heated plate, and serve very hot.

Fried Onions: Slice and cover them with milk for 5 minutes, drain and lay in sifted bread crumbs; fry in hot fat for about 10 minutes.

GARNISH FOR ROASTS

(*Guarnición Madrileña*)

Cut large round tomatoes in halves and scoop out a small hollow in each center. For each half of a tomato fry $\frac{1}{2}$ clove garlic in 1 teaspoon butter, season with salt and pepper and place in the tomato. Lay on top of it a large black olive, circled with an anchovy and put into a hot oven to bake. Pile a pyramid of fried potatoes in the center of the serving dish and edge with the tomato halves.

GARNISH FOR FOWL

(*Guarnición Catalonia*)

Glaze onions, crisp chitterlings, and season cooked macaroni with the juice of the meat. And in summer a dish of cooked carrots, molded in gelatine with pitted black olives, may be passed for full measure.

GARNISH FOR FRIED FISH

(*Guarnición Andaluza*)

Cut in half and broil a number of sweet green peppers. Remove skins and cores and cover nicely a dish of well-seasoned boiled rice. Serve hot with tomato sauce.

VEGETABLES

(*Legumbres*)

ASPARAGUS ANDALUSIAN STYLE

(*Espárrago de Modo Andalusia*)

2 bunches asparagus	2 tablespoons olive oil
Salt	Pepper
2 sweet red peppers	6 eggs
1 clove garlic, minced	1 tablespoon vinegar

Cook asparagus in slightly salted boiling water until tender. Roast peppers on top of stove or under grill until the skins and core can be easily removed. Fry garlic with the peppers in the oil until tender, then mash into the oil, add pepper and a tablespoon of the asparagus water. Pass through a sieve. Take out the asparagus when tender, drain and put on a hot platter. Cover with the sauce and break the eggs carefully into the hot asparagus water to poach. Remove when set and place on the platter with the asparagus. Season and sprinkle with drops of vinegar.

ASPARAGUS IN SAUCE

(*Espárragos en Salsa*)

1 large bunch asparagus	1 teaspoon minced parsley
Salt	2 teaspoons beef extract
2 tablespoons butter	1 cup hot water
2 egg yolks, beaten	

Cook asparagus in salted boiling water. Take out, drain and put into a serving dish with bits of butter strewn over it.

In a saucepan mix parsley and beef extract dissolved in hot

water. Let it boil up once, remove from fire and stir in the beaten yolks. Serve over the asparagus.

ASPARAGUS IN BUTTER

(*Espárragos en Manteca*)

1 bunch asparagus	½ teaspoon each, cinnamon,
Boiling salted water	saffron
3 tablespoons butter	1 sprig parsley
¼ teaspoon cloves	3 hard-boiled eggs, sliced

Wash asparagus and cut into small pieces. Cook until tender in boiling, salted water. In a casserole, combine butter, cloves, cinnamon, saffron, parsley and hard-boiled egg slices. Season if necessary and heat thoroughly. Add cooked and drained asparagus. Shake casserole to thoroughly cover with sauce. Serve.

QUILTED CAULIFLOWER

(*Estofado de Coliflor*)

1 good-sized cauliflower	½ teaspoon nutmeg
1 quart seasoned meat broth	3 tablespoons butter

Cook the cauliflower in broth with nutmeg. Drain, and cover generously with butter. The Spanish cook uses the broth of a cocido.

FRIED CAULIFLOWER

(*Coliflor Frita*)

1 cauliflower	2 tablespoons water
1 teaspoon salt	2 tablespoons crumbs
Pepper	2 tablespoons oil or butter
1 tablespoon flour	Juice 1 lemon

Cut off the stem of a cauliflower very close, wash in cold water, then soak, with the head downwards, about 15 minutes, to rid it of any possible insects. Put the cauliflower into a pot of boiling water with the stem-end down. Add salt and cover.

Cook until tender. Take out and cut apart into clusters. Season with a little salt and pepper and dip into a thin paste made of flour, water and a pinch of salt. Sprinkle with crumbs. Have hot oil or butter in a casserole and fry the clusters of cauliflower in it. Drain on brown paper, serve hot and pass lemon juice with them.

GREEN BEANS

(Judías Verdes)

1 pint green lima beans	2 peppercorns, crushed
1 quart boiling water	2 tablespoons butter
Salt	1 grating nutmeg
1 teaspoon minced parsley	

Boil fresh lima beans until tender. Drain, season with salt and pepper, then put in a hot covered serving dish with butter, nutmeg and minced parsley. Shake the dish until each bean is buttered and serve. Tarragon may be used instead of parsley and with it the juice of 1 lemon.

Also a sauce made with fried onions and tomatoes, seasoned, and put through a colander, is often mixed with the buttered beans.

CELERY IN SAUCE

(Apio en Salsa)

1 bunch celery	1/8 teaspoon pepper
2 tablespoons butter	1 cup meat broth
1 onion, chopped	1 tablespoon flour
1 garlic clove, minced	1/2 cup sherry
1/2 teaspoon salt	1 egg, beaten

Cut celery stalks into 2-3 inch lengths, discarding leaves. Melt butter and slowly fry onion and garlic until golden. Add celery, salt and pepper, broth and sufficient boiling water to cover. Cook until tender. Drain celery and keep hot. Strain liquid, and reduce to 1 1/2 cup. Add flour worked smooth in a little

water; boil 5 minutes. Add sherry, beat to boiling; stir in the egg; pour over celery and serve hot.

PEAS WITH HAM

(*Guisantes con Jamón*)

1 slice ham, shredded	1 quart green peas
3 tablespoons butter	1 head lettuce, halved
2 cups meat broth	1 tablespoon flour

Salt and pepper

Sauté ham in 2 tablespoons butter without browning. Add 1 cup broth (may be made with boiling water and a little beef extract) the young peas, and lettuce. Cover and simmer over slow heat until peas are tender. Make a roux with the flour and remaining butter and stir in second cup of broth. Stir well, cook 5 minutes and add to peas. Season to taste.

STUFFING FOR VEGETABLES

(*Relleno Para Vegetals*)

The Spaniards are clever at stuffing vegetables, but there is no set rule for the proportions used in making the forcemeat. Various selections of minced ham, hashed meats, and bits of sausage, with seasonings such as minced parsley, garlic, lemon juice, cinnamon, saffron, pepper sauce, and grated bread crumbs mixed with eggs to hold all together, serve for sweet peppers, potatoes, tomatoes, onions, eggplant, cucumbers and squash.

STUFFED PEPPERS

(*Pimientos Estofados*)

6 sweet peppers	2 eggs, well beaten
Salt	Sifted crumbs
6 tablespoons cheese, grated	Butter
$\frac{3}{4}$ cup ham, minced	1 quart tomato juice, strained
Paprika	2 tablespoons onion, chopped
	1 pimento, chopped

Slit the peppers on one side, but leave the stems intact and carefully take out the seeds and cores. Cook in salted boiling water, then drain, and remove the skins. Stuff each with 1 tablespoon of grated cheese to two of minced ham, season lightly with salt and paprika, mixed half and half. Roll them in beaten egg and fine, sifted bread crumbs. Dip again in egg and in bread crumbs. Fry in butter. Prepare a sauce with tomato juice, chopped onion and pimento. Have this simmering while you fry the peppers. Fry till a light brown. Put them into the tomato mixture, season to taste and simmer for $\frac{1}{2}$ hour before serving.

FRIED STUFFED ARTICHOKEs

(Alcachofas Rellenas Fritas)

6 artichokes	Juice 1 lemon
2 tablespoons vinegar	1 tablespoon butter
Water	1 cup crumbs, toasted
Salt	1 cup minced cooked ham
1 garlic clove, crushed	$\frac{1}{2}$ cup white wine

Select 6 artichokes of uniform size. Cut the stalks close and remove some of the tough bottom leaves. Soak in cold, acidulated water for an hour. Drain, cover with boiling salted water and add a crushed clove of garlic, the lemon juice, and butter. Cook artichokes until a leaf can be easily pulled out. Remove from water and turn upside down to drain. Spread the outer leaves of the artichoke apart and remove the chokes, the fuzzy portion in the center. Make a stuffing with bread crumbs and minced ham. Moisten with white wine. Stuff the centers of the artichokes and the spaces between the leaves. Fasten a piece of muslin around each to hold the stuffing in and fry 10 minutes in deep fat. Serve hot.

FROSTED ARTICHOKEs

(Alcachofas Escardiadas)

6 young artichokes	1 onion, minced
1 teaspoon butter	½ cup beef broth
6 thin slices bacon	2 tablespoons powdered sugar

Cut off the tops of the outer leaves of the artichokes and cook in boiling salted water. Drain and place in a buttered saucepan. In a frying pan fry bacon to a crisp. Remove and discard all but 2 tablespoons of the fat and fry the onion. Crush bacon and lay it on the cooked artichokes. Add broth to the fried onion. Heat and pour over the bacon. Sprinkle with powdered sugar and bake in the oven just long enough for the artichokes to absorb the liquid.

SPANISH BEANS

(Habas Españas)

3 cups dried lima beans	½ bay leaf
3 pints boiling water	2 cupfuls tomatoes, chopped
¼ pound bacon	Salt and pepper
2 green peppers, shredded	1 teaspoon granulated sugar
1 cup grated Parmesan cheese	

Wash and soak the beans over night. Then cover with boiling water and cook till nearly tender, about 1½ hours. Fry bacon crisp, remove it from the pan, pour off all but 2 tablespoons of fat and fry the green peppers. When they are tender, but not browned, add the beans, bay leaf and tomatoes. Cover well and leave on a low flame for 45 minutes. Then season with salt and pepper to taste and add the sugar. Serve on a hot platter, well sprinkled with a cupful of grated Parmesan. Reheat the crisp bacon and lay around the edge.

POTATO PUDDING

(Pudín de Patatas)

- | | |
|-----------------------------|------------------------------|
| 2 cups hot mashed potatoes | 1 tablespoon hot milk |
| Salt | 1 tablespoon grated Parmesan |
| 2 teaspoons meat juice | cheese |
| 1 tablespoon butter, melted | |

Beat mashed potatoes with salt, meat juice, butter and hot milk together. Pile lightly into a hot serving dish, powder with the cheese and brown in a quick oven. Serve hot with a meat course.

POTATOES IN WINE

(Patatas con Vino)

- | | |
|----------------------|--------------------------------|
| 2 tablespoons butter | 1 pinch pepper |
| 1 onion, minced | 3 cups diced uncooked potatoes |
| 1 cup white wine | ½ teaspoon salt |
| 1 cup beef broth | |

Heat butter in a saucepan and brown onion. Add wine and pepper, then potatoes and salt. Shake pan until potatoes are hot and well basted. Add broth, cover and cook until tender and all the liquid is absorbed.

POTATO CAKES IN SAUCE

(Tortilla Guisada)

- | | |
|------------------------|-------------------|
| 2 cups mashed potatoes | 1 sprig parsley |
| 2 eggs, beaten | 1 tomato, chopped |
| Butter | ½ cup meat broth |
| 1 small onion, sliced | Salt and pepper |

Mix seasoned mashed potatoes with eggs. Shape into thick cakes and fry on both sides in butter. In another pan, melt 1 tablespoon butter and fry the onion and parsley. When tender, add tomato and continue frying. Add broth and season

with salt and pepper. Put potato cakes in the sauce and cook slowly until all liquid is absorbed.

POTATO BALLS

(*Buñuelos de Patatas*)

2 cups hot mashed potatoes	1 tablespoon granulated sugar
2 egg yolks, beaten	$\frac{1}{2}$ teaspoon cinnamon
1 egg, beaten	1 teaspoon lemon rind, grated
Deep fat	

Beat seasoned mashed potatoes and eggs together, adding sugar, cinnamon and grated lemon rind. Form into balls and fry in deep fat.

POTATO CAKE

(*Galletas de Patatas*)

1 pound potatoes	5 eggs
2 tablespoons almond meal	$1\frac{1}{4}$ cups granulated sugar

Cook, drain, and beat the potatoes very light with a wooden fork and whip in the other ingredients. Place in a well-buttered baking dish and bake to a golden brown.

SMOTHERED PARSNIPS

(*Chirivias Suffocado*)

4 parsnips	$\frac{1}{3}$ cup granulated sugar
Salt	3 tablespoons butter

Boil parsnips until tender in salted water. Drain. Cut in rather thin slices and put into a hot covered saucepan, with sugar and butter. Shake the dish over a low flame until the sugar and butter melt and the parsnips are well covered.

RICE WITH VEGETABLES

(Arroz con Vegetals)

½ pound salt pork, sliced	2 turnips, sliced
1 pig's hock	1 onion, sliced
¼ cup rice	1 garlic clove, minced
1 pint fresh kidney beans	¼ cup minced cooked ham
or soaked chick peas	or sausage meat
2 potatoes, sliced	Salt and pepper

Place pork slices in a deep kettle with the pig's hock. Add rice and the beans or chick peas. Cover deep with water and cook slowly, until hock is tender. Take out the hock and remove the bone. Cut the meat in pieces and return to the kettle. Add potatoes, turnips, onion, garlic and ham. Salt and pepper to taste. Cook 20 minutes, then turn the contents of the pot into a large casserole and place in a hot oven (400° F.) until browned, but not too dry.

This is a favorite luncheon dish in the Province of Valencia.

RICE CATALAN STYLE

(Arroz à Catalan)

3 tablespoons olive oil	1 tablespoon sausage meat
2 onions, minced	½ pound rice
1 garlic clove, minced	1 quart boiling water
2 tomatoes, chopped	Red pepper rings
1 slice ham, diced	Parsley sprigs

Place oil in a saucepan and slowly fry onions and garlic, then add the tomatoes. When the mixture bubbles, add ham and sausage. Add rice and boiling water; cook until the rice is tender. Then take from fire, turn into a baking dish and place in the oven until the rice is sufficiently dry. Garnish with sweet red pepper rings and parsley, and serve.

RICE WITH TRIMMINGS

(Arroz à Banda)

1½ pounds fish	½ teaspoon saffron
1 garlic clove, minced	½ teaspoon cinnamon
1 sprig parsley, minced	2 tablespoons olive oil
2 tomatoes, sliced	Juice 1 lemon
2 sweet peppers, sliced	¾ cup rice

Put fish in a kettle with garlic, parsley, tomatoes and peppers, saffron, cinnamon, olive oil and lemon juice. Simmer over the fire with enough water to cover well. When fish is done, remove it and keep hot over steam. Strain the broth. Cook rice in the broth and serve around the fish.

MACARONI IN SAUCE

(Macarrones al Jugo)

1 pound macaroni	¼ pound cooked ham
2½ quarts boiling water	1 sprig parsley, minced
Salt	1 garlic clove, minced
¼ pound cooked beef	2 tablespoons butter
½ cup tomato paste	

Cook the macaroni in boiling salted water for 15 minutes, then drain. Plunge it into cold water and drain again. Mince the meats, add parsley and garlic and sauté all in butter 10 minutes. Add tomato paste and ½ cup of boiling water and stir well. Cook 15 minutes and mix in the drained macaroni, tossing it in the sauce until it is hot, then serve.

SPANISH MACARONI

(Macarrones Español)

¼ cup chopped mushrooms	2 cups canned tomatoes
1 cup chopped onions	1 cup cheese, grated
1 tablespoon butter	1½ cups macaroni, cooked

½ cup ripe olives	¼ cup chopped pimientos
¼ cup chopped sweet peppers	1 teaspoon salt
3 hard-boiled eggs, sliced	

Cook mushrooms and onions in butter. Add tomatoes, part of cheese, macaroni, ripe olives, peppers, pimientos, and salt. Put into a buttered baking dish in alternate layers with hard-boiled eggs and remaining cheese. Make top layer of cheese. Bake in a moderate oven (350° F.), 15 to 20 minutes.

TIMBALE OF MACARONI

(*Timbal de Macarrones*)

½ pound macaroni	1 tablespoon flour
Salt	1 cup macaroni water
3 tablespoons butter	½ cup tomato paste
1 tablespoon chopped mushrooms	6 tablespoons grated Parmesan cheese

Break the macaroni into short lengths, cook 15 minutes in boiling salted water, drain and put in a baking dish. Melt butter, add chopped mushrooms, cook 2 or 3 minutes and stir in the flour. Add 1 cup of the macaroni water and the tomato paste. Season to taste. Pour over macaroni. Stir well and add the cheese. Bake for 10 minutes and serve very hot.

STUFFED MACARONI

(*Macarrones à la Sausona*)

¾ pound macaroni	Butter
Minced meat	Toasted crumbs
Salt	Tomato juice

Choose macaroni large as a finger, and break in 3-inch lengths. Stuff each piece with some finely minced meat (ham, veal, or the breast of chicken), and place carefully in a saucepan. Just cover with salted boiling water and cook 6 to 8 minutes.

Then remove with a skimmer and put a layer of the macaroni into a buttered baking dish. Baste generously with melted butter, put bits of butter between the pieces, and strew over the macaroni toasted bread crumbs that have been moistened with tomato juice. Repeat with successive layers; reduce the water the macaroni was cooked in, and pour into the dish. Bake 10 minutes and serve.

MACARONI FOR FESTIVALS (*Macarrones de Vigilia a Divertideos*)

1 pound macaroni	Salt
Tomato sauce	Pepper
6 eggs	Grated Parmesan cheese

Cook macaroni in boiling salted water 6 to 8 minutes. Take from fire, drain and mix with tomato sauce (see recipe) until well covered. Beat separately the yolks and whites of 6 eggs. Combine and season. Place a layer of the macaroni in a baking dish and cover with some of the beaten eggs and grated Parmesan cheese. Continue the layers until the macaroni and beaten eggs are all used. Sprinkle cheese on the last layer. Cook a few moments in a moderate oven (350° F.) and serve.

MACARONI PANCAKES (*Tortilla con Macarrones*)

$\frac{3}{4}$ pound macaroni	Grated Parmesan cheese
1 quart boiling water	3 eggs, beaten
Salt	Cooking oil

Break macaroni into 1-inch pieces, cook in boiling salted water 15 minutes and drain. Then sprinkle well with cheese, add a pinch of salt and mix with eggs. Drop by spoonfuls on an oiled hot griddle and fry like pancakes.

GAZPADEO

2 tablespoons vinegar	$\frac{1}{2}$ onion, sliced
2 tablespoons cold water	1 garlic clove, minced
3 slices bread	$\frac{1}{3}$ cup olive oil
2 green peppers	Salt and pepper

Mix vinegar and water. Cut bread in finger slices and toast. Dip quickly in thinned vinegar and drain. Have peppers roasted and skinned, then sliced. Fry onion, garlic, and peppers in oil, season, and push to one side of pan. Fry toast fingers on both sides in remaining oil, pile vegetables on top of them, and serve as a garnish with meat. Butter may be substituted for the oil.

GAZPACHO

Gazpacho is prepared as above, except that the bread, instead of being toasted, is merely crumbled, and fried in the oil, then mixed with the vegetables and thinned vinegar.

FRIED BREAD WITH GARLIC

(*Pan Fritura con Ajo*)

2 garlic cloves, minced	3 tablespoons vinegar
3 tablespoons olive oil	3 tablespoons water
8 bread fingers	1 tablespoon granulated sugar
$\frac{1}{4}$ teaspoon minced parsley	

Fry garlic lightly in oil; add bread fingers and fry. Mix vinegar and water with sugar and reduce to thin syrup; add parsley and pour over the fried bread.

FRIED BREAD

(*Torrijas de Pan*)

1 small loaf stale bread cut in slices	3 cups water
Milk	1 cup granulated sugar
Salt	$\frac{1}{2}$ cup olive oil
$\frac{1}{2}$ as many eggs as bread slices	1 (3-inch) stick cinnamon
	$\frac{1}{2}$ cup Malaga wine

Dip slices one by one into milk to cover, remove at once and salt lightly. Beat eggs to a froth and put $\frac{1}{2}$ of mixture on one side of bread slices, using a wooden spoon. Let stand 10 minutes, while they swell, then fry on egged side. When nicely browned, turn, put remainder of egg on uncooked side, and fry. Make a syrup with 5 last ingredients, remove cinnamon, and pour over bread.

SALADS

(*Ensaladas*)

SPANISH DRESSING

(*Condimento Español*)

½ teaspoon salt	3 tablespoons olive oil
1 tablespoon vinegar	½ teaspoon peppercorns, ground
1 garlic clove, finely minced	

Dissolve salt in the vinegar. Put the oil into a small bowl and gradually add the pepper and garlic. Then add the vinegar a few drops at a time, beating continually for about 2 minutes until thoroughly mixed.

An old Spanish proverb says: "To make a perfect salad there should be a miser for vinegar, a spendthrift for oil, a wise man for salt, and a madcap to stir all these ingredients."

LETTUCE SALAD

(*Ensalada de Lechuga Fino*)

1 head lettuce	2 eggs, hard-boiled
Spanish dressing	1 sweet red pepper

Wash fresh, crisp lettuce leaves, dry thoroughly and place in the salad bowl. Pour the dressing over them and toss lightly but thoroughly so that each leaf is coated. Garnish with slices of the eggs and rings of the pepper.

Salads are not as popular in Spain as they are in France, but they make a much gayer appearance, and this is not only due to

the colorful peppers and olives. Centuries back, when Spain was greatly influenced by oriental invasion, especially by the Moors, the country adopted an oriental plate or table dish unrivalled anywhere in size, brilliance and gaiety of design. The Moorish plate is wide, deep and generously rimmed, thick but light; ideal for salads. Roomy, cheerful, appetizing, it glints with arabesques in gold, silver and copper, dances with folk festivals fired into the glaze, riots with fruits, flowers, lambs, unicorns and Goyaesque grotesqueries. Since Spanish plates are now cheap in imitation and even the originals in antique stores are not expensive, no salad-lover should be without one.

TOMATO SALAD

(Ensalada de Tomate)

4 large ripe tomatoes 2 dozen pickled onions
2 cups mayonnaise dressing

Arrange on large flat salad dish, first a ring of sliced tomatoes around the edge, then a ring of onions inside of that, another of tomatoes and the mayonnaise in a mound in the center.

GREEN PEPPER SALAD

(Ensalada de Pimiento Verde)

6 green peppers 1 onion
3 tomatoes Spanish dressing

Blanch the peppers, remove the skins and seeds and cut in halves. Peel and slice the tomatoes and onion, the latter in very thin slices. Arrange on salad plate and serve with dressing.

STRING BEAN SALAD

(Ensalada de Habas Verde)

3 cups cooked string beans Small cucumber pickles
Spanish dressing 1 lemon
1 teaspoon minced parsley

Chill the beans. Marinate them in the Spanish dressing and garnish with small cucumber pickles and thin triangles of lemon dipped in parsley.

LIMA BEAN SALAD

(*Ensalada de Habas*)

1 lettuce heart	2 cups cooked peas
2 cups cooked lima beans	1 Spanish onion
Vinaigrette dressing	

Line salad bowl with the crisped and slightly salted lettuce. Drain beans and peas, slice onion and toss all lightly in the dressing. Place on lettuce leaves.

GREEN PEA SALAD

(*Ensalada Habas Verde*)

1 cup lettuce, chopped	1 sweet onion
French dressing	1 cup cooked peas
1 cup cooked lima beans	

Wash and dry lettuce. Toss it in some of the dressing. Slice onions thinly. Drain peas and beans. Marinate vegetables in dressing for 5 minutes. Serve in nests of the prepared lettuce.

VEGETABLE SALAD

(*Ensaladas de Vegetals*)

2 cooked potatoes	2 cooked beets
1 small onion	2 medium-sized tomatoes
Spanish dressing	3 cooked carrots
1 cup cooked string beans	

Dice potatoes and onion, mix with dressing and put in the center of the salad dish. Slice beets and tomatoes, and edge the platter with them, placed alternately, with a little space between. Cut carrots lengthwise in strips, cut beans lengthwise once, and

lay them in the spaces between the tomatoes and beets, so they shoot out in rays from the potato salad center. Sprinkle Spanish dressing over all.

MIDNIGHT SALAD

(*Ensalada de Noche*)

- | | |
|----------------------------|---------------------------|
| 1 head lettuce | Salt and pepper |
| 3 cups cold cooked shrimps | Spanish dressing |
| 1 cup cooked truffles | 1 cup mayonnaise dressing |
| Stuffed olives | |

Crisp the lettuce leaves in cold water and dry in a napkin. Cut the shrimps in half and chop the truffles. Season with salt and pepper and mix them well. Make six nests of the lettuce leaves on the salad plate; sprinkle lightly with Spanish dressing. Mix truffles and shrimp with mayonnaise and pile on the nests. Garnish with stuffed olives. A favorite after theatre dish.

CHICKEN SALAD

(*Ensalada Polluello*)

- | | |
|------------------------------|----------------------|
| 2 cups cold cooked chicken | 1 onion, minced fine |
| 1 head crisp lettuce | 1 cup mayonnaise |
| Salt | 2 hard-boiled eggs |
| 1 teaspoon tarragon, chopped | 2 beets |
| Asparagus tips | |

Dice the chicken meat, chop fine the firm inner leaves of the lettuce, and season with salt and tarragon. Mix the two and add the onion. Mix all lightly with the mayonnaise and garnish with sliced eggs, slices of beets, and asparagus tips.

ORANGE SALAD

(*Ensalada de Naranjas*)

- | | |
|------------------------|------------------------------|
| Oranges | Powdered sugar in proportion |
| Rum or kirsch to taste | |

Slice juicy oranges with peel. Place in a fine glass dish, cover with sugar and moisten with rum or kirsch.

Since Spanish oranges are exceptionally flavorsome and sapid, this salad is a favorite all the way from Cadiz to Barcelona.

ICE SALAD
(*Ensalada Helada*)

Assorted fruits	1 pint lemon, or any desired
	fruit ice

1 pint of fruit ice is sufficient for 6 servings. Partly fill sherbet glasses with fresh fruit, melon in balls, and pile large spoonfuls of fruit ice on top.

Melons and citrons were popularized in Spain by the invading Moors and many desserts and salads are made luscious by them. Columbus spread the fame of the Spanish melon by carrying its seeds on his first voyage to America. The Indians took them then as far from the coast as New Mexico, so we have inherited many of our finest melons from the Spanish.

The nasturtium, flower, leaf and green seed is a standard garnish in Spain. So this iced fruit salad would be made all the more appetizing and decoratively Spanish by the addition of half a dozen nasturtium buds.

DESSERTS

(*Sobremesas or Postres*)

SIGHS

(*Suspiros*)

2 cups granulated sugar	4 egg whites
$\frac{3}{4}$ cup water	1 pound blanched almonds
Grated rind $\frac{1}{2}$ lemon	

Boil sugar and water until it forms a soft ball in cold water. Beat egg whites until stiff but not dry and beat syrup slowly into them. Fold in blanched almonds, cut length-wise into fine strips. Mix in grated lemon rind. Drop by teaspoonful, not too closely together, on a baking sheet covered with oil paper. Bake in a moderate oven (350° F.) until delicately browned.

PUFFS OF WIND

(*Buñuelos de Viento*)

2 cups flour	$\frac{1}{2}$ cup butter or olive oil
Cold water	2 egg yolks
$\frac{1}{2}$ teaspoon salt	1 egg

Knead flour with salt and enough cold water to make a firm dough and let stand for $\frac{1}{2}$ hour. Put butter or oil in a frying pan over a low flame, and when it is warm put in the dough and work the fat into it thoroughly and quickly, without browning. Then remove dough to a bowl, and when it is cool work in the egg yolks and egg. Knead until dough is smooth and satiny. Form into small balls. Fry in deep fat, drain on brown paper, and brush over with a thick wine or flower syrup, then sprinkle with powdered sugar and cinnamon, or ground almonds.

GYPSY'S EMBRACE

(Brazo de Gitano)

3 eggs	½ cup flour
½ cup granulated sugar	Cinnamon
Grated rind 1 lemon	Powdered sugar

Beat egg yolks until thick and lemon-colored. Gradually beat in sifted sugar and grated rind. Beat egg whites until stiff but not dry. Fold ½ of them into the mixture, then ½ of the sifted flour. Continue alternating until both are used. Pour into a greased shallow pan and bake in a moderately hot oven (375° F.) about 25 minutes. Sprinkle with cinnamon when done. Cool; spread with Spanish cream filling and roll as for jelly roll. Dust with powdered sugar.

SPANISH CREAM FILLING

(Crema Española)

1 cup milk	⅛ teaspoon salt
1-inch stick cinnamon, crushed	¼ cup flour
1 teaspoon lemon rind, grated	2 tablespoons butter
¾ cup granulated sugar	4 egg yolks

Bring milk with cinnamon and lemon rind slowly to a boil and strain. Mix sugar with salt and flour and add strained milk gradually. Cook 15 minutes in double boiler, stirring constantly while mixture thickens, then occasionally. Add butter and egg yolks, well beaten, and cook 2 or 3 minutes longer. Cool and use.

SPANISH CREAM PUFFS

(Hinchares)

1 cup water	1¼ cups flour
¼ cup butter	3 eggs, unbeaten
4 tablespoons granulated sugar	Cooking fat

Put water into a saucepan with butter and sugar. Bring to a boil and stir the flour in briskly until you make a smooth paste.

Remove from fire and stir a few seconds longer until dough forms a ball and does not stick to pan. Let it stand 2 or 3 minutes, then stir in, with a wooden spoon, one egg at a time, until all are used. Have ready a kettle of hot oil or lard, when it is almost smoking hot drop the mixture in, by the spoonful. But only a few at a time, to allow for swelling. Fry, not too quickly, until they are brown all over and twice their original size. Take out with skimmer, drain on brown paper, open at one side and fill with sweetened whipped cream or any preferred filling. Sprinkle liberally with icing sugar.

To bake.—Let dough stand $\frac{1}{2}$ hour, stir a little, and drop by tablespoons on buttered pans, about 2 inches apart each way. Bake 15 to 20 minutes in a moderately hot oven (375° F.), being careful that they do not burn.

SWEETS OF PARADISE

(*Dulce del Paraiso*)

$\frac{1}{2}$ cup almond and filbert nuts	4 eggs, well beaten
1 cup granulated sugar	12 lady fingers
2 tablespoons cornstarch	Flower or fruit syrup
1 quart milk	Powdered sugar

Cinnamon

Grind almonds and filberts to a fine meal, mix with sugar and cornstarch, and stir in the milk and eggs thoroughly. Cook over boiling water, stirring mixture continually, until a bubble forms on top. Have the lady fingers, previously soaked in a flower or fruit syrup, arranged in a serving dish. Pour cooked mixture over them. Powder with sugar and cinnamon on top and decorate with the fresh fruit or flowers the syrup is flavored with.

ALMOND STRAWS

(*Pallilos de Almendras*)

3 cups flour	2 tablespoons butter
½ teaspoon salt	2 cups blanched almonds
1 teaspoon baking powder	6 eggs
1¼ cups sugar	1 tablespoon anis liqueur

Sift flour, salt, and baking powder together; add sugar, butter and eggs, and flavor, and work to a smooth dough. Roll out and cut in long, thin, straw-like shapes. Brush with egg yolk, saved out for that purpose, and sprinkle with chopped almonds. Bake in moderate oven (350° F.).

CHRISTMAS TARTS

(*Tortas Finas de Navidad*)

1 cup olive oil	Cake flour
½ cup brandy	Sifted powdered sugar

Combine oil and brandy in a mixing bowl and add enough flour to make a firm dough. Roll out ¼ inch thick and put in small forms lined with oiled paper. Bake in a moderately hot oven (375° F.). Powder thickly with sugar when done. Grated sweet chocolate or finely powdered hard candies may be used in place of sugar.

TARTS IN NESTS

(*Tortas de Camadas*)

2 cups butter	½ cup brandy
2 cups granulated sugar	3 cups sifted flour
2 egg yolks, beaten until thick	2 egg whites, beaten to a stiff froth
1 teaspoon vanilla	
1 cup almond meal	

Cream butter and sugar, add beaten egg yolks, vanilla, almond meal and brandy. Stir in flour and beat thoroughly. Fold

in beaten whites last. Put in small, buttered narrow forms and bake in moderate oven (350° F.). Brush over tarts with Syrup of Granada. Pile in layers of 3, with marmalade or chopped almonds, filberts, or pine nuts mixed, with icing between.

SYRUP OF GRANADA

(*Almibar de Granada*)

6 pomegranates

Granulated sugar as needed

Remove skin, break apart and crush fruit. Cover with water and cook a few moments. Strain through a cheese-cloth and to each cup of juice add 2 cups of sugar. Skim well while cooking to a rather thick syrup, but remove before syrup reaches the soft-ball stage. Serve with puddings, or pour over small cakes.

ALMOND PASTE FOR CAKES

(*Almendra Pasta Para Tortas*)

3½ cups confectioner's sugar	2 tablespoons orange flower
3 cups blanched almonds, finely	water, or 1 tablespoon of
ground	sherry
3 eggs	Powdered sugar

Mix sugar with ground almonds, make a hole in center and break in 2 of the eggs with flower water or sherry. Work to a firm paste and add third egg only if necessary. Turn mixture onto a board, dusted with sugar to prevent sticking. With a rolling pin roll to the size of cake to be covered. Place it on top, press smooth and cover with any preferred icing.

CREAM FOR CAKES

(*Crema Para Bizcochos*)

3 egg yolks	1 cup water
1 cup red wine	3 cups granulated sugar

Beat egg yolks into the wine and water, and stir in the sugar. Beat thoroughly, and cook in double boiler, while beating, until

mixture begins to thicken. Remove from fire. This cream is poured over cakes to the saturation point.

SWEET RING CAKES

(*Rosquillas*)

½ cup olive oil	2 teaspoons baking powder
1 cup granulated sugar	½ cup milk
2 egg yolks	1 teaspoon lemon rind, grated
1¾ cups cake flour	2 egg whites

Cream oil with sugar. Add egg yolks and beat until light and creamy. Add sifted flour and baking powder alternately with milk. Add lemon rind and fold the egg whites which have been beaten until stiff but not dry. Put in small, shallow buttered ring pans. Bake in a moderate oven. Frost with chocolate.

NUT CAKES

(*Mingolillos*)

½ pound blanched almonds	Flour
½ pound blanched filberts	1 or 2 tablespoons honey
1 cup granulated sugar	Powdered sugar
4 eggs	Cinnamon

Grind almonds and filberts to a fine meal. Mix sugar with 3 of the eggs, beat until light and creamy, then add nut meal and mix in enough flour to make a firm dough. Form in finger shapes, let stand 20 minutes, then dip in remaining beaten egg and fry in deep, hot fat. When done, brush with honey and powder with sugar and cinnamon.

PINE NUT BUTTER CAKES

(*Mantecado de Piñon*)

1 cup butter or olive oil	3 cups cake flour
2 cups granulated sugar	2 teaspoons baking powder
1 teaspoon vanilla	1 cup milk
4 egg yolks, well beaten	4 egg whites
1 cup pine nuts	

Cream butter. Gradually add sugar and beat together until light and creamy. Add extract and egg yolks. Sift flour and baking powder together 3 times and add to mixture alternately with the milk. Beat egg whites until stiff but not dry and fold in with the pine nuts. Pour into baking pans lined with oiled paper. Bake 45 minutes in a moderate oven (350° F.).

Pine nuts enrich many a Spanish specialty. Though difficult to shell, they are well worth the trouble because of their incomparable flavor.

MACAROONS

(*Almendrados*)

$\frac{3}{4}$ cup blanched almonds	1 teaspoon each, mace, cinna-
3 egg whites	mon, nutmeg
$\frac{1}{4}$ cup powdered sugar	1 teaspoon rosewater
4 drops bitter almond	

Pound almonds smooth as your cheek, adding a little egg-white to prevent oiling, and let stand overnight if convenient. In morning, beat egg-whites to a stiff froth, adding sugar gradually in small quantities. Continue beating, stir in spices and rosewater a little at a time and add pounded almonds gradually. Flavor. The mixture should be worked until it becomes a soft dough—if too thick it will be heavy, if too thin the cake will spread and run over in baking.

Take up dough with teaspoon and shape into balls with your fingers, floured. Lay on buttered baking sheet, 2 inches apart, and bake 8-10 minutes in moderate oven (350° F.). The macaroons should rise in the middle while baking and crack on the surface. Split almonds may be laid on top before baking.

Macaroons and macaroni are Siamese twins in origin, both being the offspring of the Italian root-word *maccare*—to bruise, crush to a paste. Although accredited to Italy, macaroons are

now the specialties of many countries, with variations both in flavor (lemon, apple, coffee, chocolate, etc.) and in the nut of which the paste is made (almond, coconut and pistachio). Indeed, the Spanish macaroon is the type best known in this country, for it is made only of almonds and hence called "almendrados." The oriental influence so prevalent in Spanish cooking is noted in the rosewater flavoring.

PASTRY TWISTS

(*Roscos de Jeringas*)

2 cups almonds	3 tablespoons grated lemon rind
3 tablespoons granulated sugar	3 egg whites

Grind almonds to a meal, add sugar, grated lemon rind, and the whites of the eggs beaten until stiff but not dry. Mix ingredients lightly and put into a pastry bag with tube. Squeeze out in little twists on a buttered baking sheet and bake in a moderate oven (350° F.) until golden brown.

DOUGHNUTS

(*Buñuelos*)

1 cup water	2 teaspoons granulated sugar
1 pinch salt	1 cup flour
2 teaspoons butter	4 eggs
Honey	

Boil water with salt, butter and sugar. Stir in flour, a little at a time, and cook 15 minutes, stirring continually. Cool, then work in the eggs, one at a time. Drop the batter by spoonfuls into deep hot fat and fry the doughnuts a rich brown. Drain on brown paper, brush with honey and roll in powdered sugar.

At the fiestas of Spain the honeyed aroma of these toothsome buñuelos spices the air. They are as much a part of the great spring cattle fair as the empanads, pastellilos, goats, and

country wine brought in by gypsies and their donkeys, great tuns on wheels, the wine frothing from the spigot into generous tumblers at two cents a throw.

TOWERS

(*Torres*)

These are unsweetened doughnuts made by the above recipe for Buñuelos, with the sugar and honey left out. When nicely fried they are drained, slit open down the side and filled with a cooked cream or whipped cream mixed with nuts. Towers are also served with a fruit or wine syrup poured over them.

MADRID BISCUIT

(*Bizcochos de Madrid*)

½ cup butter, melted	7 egg yolks
1 ounce grated orange rind	3 cups flour
2 tablespoons brandy	1 teaspoon baking powder
Pinch of salt	

Place butter, orange rind, brandy and 6 egg yolks together in a bowl and mix vigorously for 12 minutes, using a whisk. Sift flour with baking powder and salt, add to mixture and beat to a smooth paste. Take small pieces of dough and shape into twists. Arrange on a well-buttered baking sheet. Brush lightly with remaining egg yolk, beaten, and bake in a hot oven (400° F.). Serve hot or cold.

FRIED BREAD IN SAUCE

(*Tarbinas*)

½ cup blanched almonds	¼ cup Malaga wine
or filberts	2 teaspoons flour
3 tablespoons olive oil	2 cups boiling water
Several slices bread	Pinch of salt
Powdered sugar	

Fry almonds in the oil. Cut bread in finger widths and fry. When all are golden brown, drain on brown paper. Put 1 teaspoon of the olive oil with the Malaga wine in a saucepan. Stir in flour and simmer for 5 minutes. Gradually stir in the boiling water and salt, stirring continually until the sauce is smooth. Pour hot over bread and nuts, covering them well and powder thickly with sugar.

BAKED APPLES

(Compota de Manzanas)

8 apples	1 inch stick cinnamon
2¼ cups powdered sugar	1 cup sherry

Core, and peel apples. Put 1 cup of the sugar in bottom of a baking dish and place apples on top. Put another cup of the sugar over apples. Crush cinnamon and strew over them, and pour the sherry over. Bake in moderate oven (350° F.). When tender take out, strew remaining sugar over apples and cool.

PEARS IN ANIS JELLY

(Peras de Mallorca)

6 preserved pears	1 cup granulated sugar
2 tablespoons gelatin	Juice of 1 lemon
½ cup cold water	3 egg whites
3 cups boiling water	1 cup anis liqueur

Cut each pear into 6 pieces and drain. Soften gelatin in cold water, then dissolve in boiling water. Stir in sugar, lemon juice and egg whites which have been beaten until stiff but not dry. Cool and stir in anis. When jelly begins to thicken pour a layer into a mold which has been rinsed in cold water and packed in ice. When jelly is firm add a layer of pears. Fill mold with alternate layers of jelly and pears, being sure that each layer of jelly is firm before adding the pears. Chill 2 hours. This is a special dish of the Island of Mallorca.

CHESTNUT SWEET

(Dulce de Castaña)

2 cups granulated sugar	Blanched chestnuts
1 cup water	2 egg yolks, well beaten
Cinnamon	

Cook sugar and water, stirring until sugar is dissolved, then put in as many chestnuts as syrup will hold. Boil a few minutes, but remove from fire before syrup reaches the soft ball stage. Add beaten egg yolks and mix carefully. Turn into a serving dish, sprinkle with cinnamon and serve with cheese.

FRIED ALMOND PASTE

(Torrijas de Almendras)

$\frac{1}{2}$ pound blanched almonds	Cake flour
4 egg yolks	Butter

Grind almonds to a paste and mix with egg yolks. Then slowly work in a little flour to make a soft dough. Drop by spoonfuls and fry delicately in butter. Serve with a flower or fruit flavored syrup.

ALMONDS AND RAISINS

(Almendras con Pasas)

Select fine bunches of Valencia raisins with purple bloom on the fruit. Arrange on service plate with pyramidal heaps of salted almonds and sugared almonds.

FILBERT NOUGAT

(Dulce de Avellanas)

1 cup granulated sugar	$\frac{1}{2}$ pound blanched filberts, in
2 egg whites	shreds
1 tablespoon orange flower water	

Put sugar, egg whites and orange-flower water into a round bottomed pan and set over a slow fire, beating constantly until mixture is the consistency of stiff batter. Remove, and mix in filberts, shred very finely. Stir well, and drop mixture in small ovals on sheets of paper spread over a baking tin. Put them into an almost cold oven to dry steadily, rather than to bake. When firm they are ready to use. Keep white as possible.

ALMOND AND HONEY NOUGAT

(Turrones con Miel)

14 ounces strained honey	2 egg whites
¼ cup orange flower water	½ cup confectioner's sugar
2 pounds blanched almonds, finely chopped	

Put honey and flower water over fire and cook to soft ball stage. Mix egg whites, which have been beaten until stiff and quite dry, with sugar and almonds. Add honey, beat all together to a smooth paste. Put a sheet of thick paper on a board, spread the paste over it to ½ inch in depth and cover with another sheet of paper. Put another board on top with a weight on it. When cold, cut into shapes.

GINGER SWEET

(Alfajor Moreno)

4 pounds strained honey	¼ teaspoon bay leaf
1½ ounces ground almonds	1 tablespoon cinnamon
4 ounces sifted bread crumbs	1 clove, ground
1 tablespoon candied orange peel	1 tablespoon ginger
2 peppercorns, ground	

Boil honey, or an equal amount of sugar, until it hairs. Remove from fire and stir in almonds, bread crumbs, orange peel, chopped fine, and spices. Beat until mixture creams, then pour into a buttered tin. Cut, and use as a filling between wafers.

SHERRY CREAM

(Crema de Vino de Jerez)

24 blanched almonds, ground	5 egg yolks
fine	$\frac{1}{4}$ cup cream
1 cup milk	Sugar to taste
4 drops bitter almond extract	$\frac{1}{2}$ cup sherry

Stir ground almonds with milk and bring to a boil; add extract, and cool. When cold, add egg yolks, beaten well with the cream, sweeten to taste, and add sherry. Set mixture over the fire, heat, but do not allow to boil, stir one way until it thickens, then pour into cups or shallow glasses. Cool, and serve.

SYRUP OF ORANGE

(Jarabe de Naranja)

Boil equal quantities of sugar and water to a thick syrup; clarify while boiling with the beaten white of an egg, and add fresh orange flowers or extract of orange. Violet, rose and various flower syrups are made in the same way.

ALMOND ICE

(Almendra Helado)

Prepare almond milk same as in the recipe for almond refresher No. 1. Sugar to taste, add 1 or 2 tablespoons of orange flower water and freeze.

ROSE SHERBET

(Sorbete de Rosa)

1 pint rose petals	1 quart boiling water
$2\frac{1}{4}$ cups granulated sugar	6 oranges

Wash rose petals and pound them to a paste in a mortar, adding gradually $\frac{1}{4}$ cup of sugar. Dissolve remaining sugar in boiling water and stir in the rose paste thoroughly. Then

boil 10 minutes, but do not stir. Allow mixture to cool and add the strained juice of the oranges. Freeze, and serve in punch glasses garnished with fresh rose petals.

VIOLET SHERBET

(Sorbete de Violets)

1 pint water	1 pint grape juice
2 cups granulated sugar	1 egg white
Juice of 2 lemons	2 tablespoons powdered sugar
Fresh violets	

Mix water with sugar, boil for 10 minutes and add the strained lemon juice. Take from fire and allow to cool. Then add grape juice and freeze. When partly frozen open freezer, put in the egg white beaten with the powdered sugar. Serve in glasses on plates decorated with fresh violets.

FROZEN MINT PUNCH

(Ponche de Menta Helado)

1 dozen mint leaves	1 quart water
½ cup granulated sugar	Juice of 3 lemons

Pound mint leaves to a paste in a mortar, adding ¼ cup of the sugar gradually. Boil water and remaining sugar for 5 minutes. Remove from fire, strain lemon juice and stir in mint paste. Cool and freeze. Leave punch in the freezer to season 4 or 5 hours before serving.

REFRESHING DRINKS

(*Refrescos*)

After luncheon and again after dinner a large proportion of the male population of Spain retire to the cafés and order black coffee or *anis*. Chocolate, served hot, thick and sweet, in small cups, is a favorite drink for cold days; and the cool, creamy *horchata de chufas*, made from almonds, or the roots of a rush-like plant that grows wild around Valencia, served in tall glasses, quenches the summer thirst.

ALMOND REFRESHER NO. 1

(*Horchata*)

½ pound raw blanched almonds ½ pound roasted almonds
Powdered sugar

Pound almonds to a paste in a mortar, adding a little water from time to time during the process to keep from oiling. Then add more water and put the paste into a cheese cloth, wringing it to extract the juice. Repeat the process of pounding, adding water, and squeeze again. Add sugar to taste and ice for a refreshing drink. Pumpkin and melon seeds are treated in the same way, to make a similar creamy beverage.

ALMOND REFRESHER NO. 2

Run almonds through a grinder, mix well with 4 times their bulk in water and let stand an hour. Then pass through a cheese cloth, pounding and squeezing out the moisture. This makes an almond cream to which water, powdered sugar and

ice are added. In the same way a drink is made of hazel nuts or filberts.

ORANGE FLOWER DRINK

(Refresco Flor de Naranja)

Juice of 2 oranges	½ cup gin
Powdered sugar	2 tablespoons flower water

Put the juice of the oranges, powdered sugar to taste, and gin into the cocktail shaker. Add flower water. Shake with cracked ice and serve in champagne glasses.

FROZEN SPANISH PUNCH

(Ponche Español)

Juice 6 lemons	1 pint Rioja, red wine
Thin rind of 2 lemons	½ nutmeg, grated
3 cups sugar syrup	1 cup water

Mix ingredients and strain into freezer. Freeze; and during the process scrape down with a spatula the ice that forms on the sides. When the punch becomes a slushy snow, just liquid enough to run, pour into glasses and serve. Frosted glasses make the drink seem all the colder.

ARROPA

This is a favorite beverage in the great grape sections of Spain. It is made with new wine boiled down to a thick syrup, then diluted, sweetened and spiced to taste. Can be drunk either hot or cold.

THE BASQUE KITCHEN

The Basques, whose country was anciently called Euskaria, are the oldest and most colorful race in Europe. Living to themselves in the lofty Pyrenees, they have come through almost unspoiled by civilization. Shepherds, sailors, farmers, they are a lusty race, fond of music, wine and good living, as are all highlanders. They carry wine with them wherever they go, in sheepskin bags, slung over the shoulder. When they are thirsty they simply pull the tiny wooden plug from the nozzle, hold it high overhead and aim the jet of wine unerringly into their mouths. Sometimes a bit of wool gets into the wine, or, after a hot march, it takes on a flavor of mutton broth, but they are hardy mountaineers with man-sized thirsts and appetites to keep them well above such petty matters.

Although they occupy the borderland between Spain and France, they maintain a cuisine as emphatically their own as are their medieval costumes, ornate and elegant. Natty velvet jackets and knee breeches of silk with silver filigree buttons jangling in bunches from velours vests and ribbon garters are their native garb. Though they combine farming and mountaineering, they are celebrated fisherfolk as well, for the finest fish in Europe are caught in the Biscay Bay, salubrious shellfish, too, crabs, lobsters and sea spiders.

Grilled royans on toast is a Basque specialty, and the recipe is simplicity itself: Roll fresh, cleaned sardines in olive oil, salt and pepper. Grill and serve on buttered toast.

Royans are small and tender sardines native to the Bay of Biscay, but any sort of sardines, including big California pilchards, are toothsome when grilled and served in this manner. Buttered toast is uncommon in Spain itself, where cows are so scarce that butter has to be imported in tins from Scandinavia, but Basqueland is exceptional in having rich milk for both butter and cheese. Therefore, less olive oil is used than in Andalusia.

BASQUE SOUP

Potatoes, beans and garlic boiled together. Slices of dry bread spread with mashed potatoes, thickly dusted with grated cheese. These are placed in the soup plates and the purée poured over them. Then a palmful of pitted olives is sprinkled over all.

While the local ways of preparing fish are individual, the standard method is to simmer them in scant olive oil, with onion and garlic, spiced with red pepper, garnished with parsley, and served either on bread or buttered toast. Codfish is as popular here as in Portugal, and the following recipe will do either for fresh or salt cod:

COD BISCAYENNE

6 shallots, chopped	2 raw potatoes, sliced thin
2 cloves of garlic, chopped	2 tomatoes, peeled and sliced
2 tablespoons olive oil	1 green pepper, chopped
2 pounds cod, shredded	Salt and pepper
1 cup water	

Sauté shallots and garlic in the olive oil for 5 minutes; do not let them brown. Add cod and mix thoroughly. If using salt cod, allow to soak in cold water several hours before using. Place $\frac{1}{2}$ of the cod mixture in the bottom of a casserole. On top of the fish place a layer of potato and tomato slices and the chopped pepper. Season and cover with remainder of the fish.

Add water, cover and bake in a moderate oven (350° F.) for 1 hour. This makes 8 to 10 servings.

The typical Basque sauce is Piperrade, "peppery" in translation. Hot and spicy, often enriched by eggs, it makes a piquant vegetable mélange. The codfish recipe shows that this cuisine also follows the southern chives-shallot-leek-onion-garlic route. Its most distinguishing characteristic, however, is the use of peppers in everything. A piperrade omelet is smothered in minced sweet peppers and tomatoes lightly browned in olive oil.

EGGS BASQUE

4 large green peppers	Salt and pepper
4 eggs	2 cups cooked rice
1 cup tomato sauce	

Parboil the peppers for 5 minutes. Drain, remove skin, cut off the stem end and remove seeds and membranes. Place each pepper in a buttered cup with the cut end up. In each drop an egg and sprinkle with seasoning. Place the cups in a pan of hot water and bake in moderate oven (350° F.) until the eggs are set, about 5 to 10 minutes. When done remove peppers and place in nests of boiled rice. Surround with tomato sauce. Brown gravy or cream sauce may be substituted. This makes 4 servings.

Since these highlands have a long and severe winter, nearly everything is pickled, to last out the unproductive season. Pimentos, sliced tomatoes and olives, stoned, as well as all game and fowl go into the confit jar: quail, wild pigeons, goose, duck, chicken and turkey, and many a native recipe calls for a joint from the jar. The Euskarians make their own pâté de foie gras, flavored with onion, white wine and brandy. Many dishes are stimulated by burning brandy over them—fish, rabbit, omelet and cheese dishes.

One of the favorite fish dishes thus prepared is made with squid. Calamare is the Spanish name for squid, chipirones is the Basque name. Squid and octopus are much the same; the latter has 8 tentacles, while the former has 10. It is interesting to note that these water animals have little sacs containing a black liquid. In life, when attacked, the animal uses a discharge of this dark substance, called "ink," under cover of which it escapes. The Italians and Spaniards are very fond of cooking squid, body, tentacles and ink-sac all together. They think the ink-sac lends piquancy to the dish, but some prefer to have the sac removed.

CHIPIRONES A LA GUIPUZCOANE

1 pound squid	Dash of salt
3 tablespoons olive oil	Dash of cayenne
2 onions, chopped	1 tablespoon apple brandy
"Ink" from squid	4 to 6 slices toast

Dice tentacles, heads and bodies of squid, discarding "bones"; carefully cutting loose the ink sac, intact, for future use. Heat olive oil and slowly fry the squid and onions in it until brown. Rupture the ink sac, add ink, cover and simmer until fish is tender, about 2 hours. Add seasoning and apple brandy. Serve on toast. The brandy may be poured over each serving and burned, if desired. This makes 4 to 6 servings.

For Chipirones à la Labourdine, use only head and tentacles of squid, mix with chopped ham, bread crumbs, onion, parsley and minced garlic; fry in plenty of olive oil. Lay this mixture on the "bones," and simmer in olive oil. Take up with a perforated slice, and serve very hot.

These dishes from the Basque region bear names from the regional dialect.

Basque sausages are well peppered and seasoned with garlic. The celebrated spicy Loukenkas is hotter even than Spanish Chorizos. This sausage is grilled and served with raw oysters, and what could be tastier than that? Other specialties are mushroom fritters, smoked ox tongues, raw hams, potted pork, and dishes distinguished by goose drippings and a wrapping of cabbage leaves.

BAKED EGGPLANT SALAD

1 large eggplant	$\frac{1}{3}$ cup wine vinegar
1 tablespoon sharp mustard	Salt and pepper
$\frac{2}{3}$ cup olive oil	Head of lettuce

Cut eggplant in half lengthwise and bake in a moderate oven (350°F.) for 30 minutes or until tender. Peel and dice. Marinate in a mixture of the sharp mustard, oil, vinegar and seasonings. Place in a refrigerator for at least 1 hour. Serve in lettuce cups. This makes 6 to 8 servings.

PORK BISCAYENNE

A 4-pound loin of pork	3 cups milk
3 tablespoons fat	Salt and pepper

Brown the loin of pork in the fat, then cover with milk and simmer slowly, covered, for 2 to 3 hours. Sprinkle with seasonings when half cooked.

Saddle of lamb and veal are nicely roasted on the spit before the most unique grate fire in the world. Since these picturesque highlanders are pretty well snowed in most of the winter, their kitchens are much cozier than those in the rest of Spain. As in the Italian countryside, the kitchen here is the most popular and comfortable room in the house, with its blazing straw fire, three-legged iron cooking pots and hand-hammered tongs, bulging casks of wine, jars of pickles and confits, sound cheeses, hams, sausages, and strings of handy herbs.

One entire wall of the stone kitchen is given over to the fire; it is a fireplace rather than a wall. Straw is packed neatly into the space stretching from one room-corner to another and reaching all the way from floor to ceiling. The fire-surface of the packed straw is cut off neatly, and sometimes it covers a hundred square feet. A match is applied to the bottom straw and the whole side of the kitchen leaps up in a blaze. The fire, however, is steady and easily controlled, for the straw is so closely and cleverly packed that it burns slowly and evenly, the hot ashes sifting down gradually to form a perfect bed of coals in which the gypsy-legged pots stand simmering on their stilts well above the cinders. No lamp is needed in such a well lighted room, where one feels as though he were on the inside of an oven, getting slowly baked through with the golden glow from the fire and a handy flagon of wine.

As in all hard-drinking countries, few sweets are in demand, and those of the Basques are invariably flavored with almonds. Their macaroons and almond pastes are beyond compare and, too, the tiny almond biscuits called *Croquignolles de Navarra*. They also make a soft and creamy nougat and juicy candied fruits.

Of cheeses there are but three, one a soft milk cheese like *Port-Salut*, called *Urt*; the second a ewe cheese, and the third one made with cream. White wines to go with them are of three kinds: *Irouleguy*, first class; *Churi Seratis*, second; and several of the ordinary type, *Bidarray*, *Osses*, *Itxassou* and *Louhassos*, both white and red. There are *aguardientes*, ardent spirits, or fire-water, aplenty, similar to *Hendaye Liqueur* on the French border, all flavored with salubrious herbs gathered in the high Pyrenees. There is apple brandy, too, for flavoring squid, omelets, meats and an occasional festive almond pudding.



Book Three

PORTUGUESE

Coma-lhe Bem, a Beba-lhe Melhor!

(Eat well and drink better!)

A Portuguese Salutation.



O JANTAR ESTA NA MESA

(The dinner is on the table—the formal announcement in Portugal for “Dinner is served.”)

Because Portugal is such a steep narrow strip of land along the Atlantic it has to cling to its rocky coast like a crab and wrest its living likewise from the sea itself. Besides the fishing industry this country, still known by its ancient name Lusitania, lives by making wines, chiefly port, and by marketing the vinous specialties of its colonies, the islands of Madeira and the Azores. In consequence of these two national activities, the Portuguese knows his fish and wine even better than the Britisher knows his fish and chips. The Lisboner can have oysters before every meal if he likes and wash them down with dry golden Madeira, besides. Having been once a part of Spain, the cuisine of Portugal is somewhat influenced by its past, and as with Spain itself, there are oriental overtones to many dishes. Hordes of Moors long ago deserted North Africa to settle among the Latins on this rocky strip of seacoast, and they brought along the ancient cooking arts of Arabia, their conquerors as well as Spain's and Portugal's. So we find stuffed cucumbers, melons, almonds even in the soup, and oriental rice. But Portugal long ago left her imprint on Eastern cooking, in exchange, as the result of early voyages to India and the Orient, where she introduced bread, which is still known there as pao, or pan. Another of her contributions abroad was the cooking of shrimps tempura style, which is the favorite mode of Japan down to this day. Portuguese colonies in the East, Angola and Macao, continue this connection between occidental and oriental dishes. The Portu-

guese, in fact, are almost as fond of rice as the Chinese themselves.

The cooking of Lusitania is also influenced by France, where the nobility of Lisbon and Oporto have always sojourned; and by Italy, whose language is indeed closer to Portuguese than Spanish itself. But more than any other influence, the Brazilians have added their fruits and eating fashions to the mother country that governed Brazil through the Emperors Dom Pedro I and II down until 1889. Just as Cortes took chocolate to Spain from Mexico and it became the national eye-opener, so early Portuguese travellers returned to Lisbon in ships laden with rich Brazilian coffee, mellow sugar and rum. Soon the two shores of the Atlantic were so close that the Portuguese and Brazilian cuisines were scarcely distinguishable. Portugal learned to cook bananas and eat goibada, the guava jelly that is Brazil's national dessert, and before long she was putting coconut in everything and sprinkling snowy mandioca meal on black beans á Brazileira.

But in spite of all these out-land influences the cooking of Portugal remains basically native, and as marine as that of Scandinavia. In place of the chicken-and-egg diet of mother Spain, Lusitania subsists on lobster and fish roe, oysters, shrimp and whitebait. This North Atlantic whitebait is eel spawn, so fat and toothsome that no other can compare with it. In the seaports it is eaten as commonly as spaghetti in Naples; and oddly enough, when boiled white and plump this eel whitebait resembles the Neapolitan staff of life.

Oysters sometimes begin both main meals, and are so plentiful that the over-production is shipped to England and France, where this luscious bivalve is distinguished from all others by its delicate sea green tint. The bulk of oysters consumed in France are Portugaises de Claire and selected Verts Portugaises.

Shrimp are as common here as mosquitoes in New Jersey. They go into most sauces and accompany lobster every day in

every way. Both of these crickets of the deep, boiled red, appear alongside the ever present sardine in the characteristic national bouquet do mar, which is more of a seafood cornucopia than a bouquet, for it is crammed to overflowing with mussels, octopi, ray, squid, eel, crabs, cod and any other foolish fish that swims close enough to the craggy coast to be caught.

Cod-fish (bacalhão) is the marine mainstay, and one of the country's leading products. In Brazil the Portuguese are commonly called "sellers of cod," or more frankly just "cod-fish," even as the Brazilians in turn are called "monkeys" by their Argentine neighbors. The catch is salted down after being split through the middle, flattened out, rubbed with salt and then dried so that it resembles a kite or a jib sail. Every kitchen has its codfish flapping in a corner and hunks are cut handily off it to plop into the soup or stew or to be more respectfully treated as the *pièce de résistance*. Salt cod grilled, and seasoned with Portuguese olive oil, wine vinegar and a palmful of whole garlic cloves, peeled, is something to write home about. A touch of garlic and the whole world grins, but only to show its ignorance.

The day's menu of Portugal is quite as vinous as Spain's, though the wines are not nearly so good, excepting port, which is specially fortified and sometimes flavored for export to England. The anis liqueur of Spain is replaced by white rum from Brazil, and this is often drunk before breakfast, especially by the hardy fisherfolk. The first meal of the day is meager enough, perhaps the plainest of continental breakfasts. It is called just *café*, and consists of little more than the ebony Brazilian coffee percolated through a muslin sack—or if no sack is handy, a clean sock will do. A chunk of bread goes with the coffee, butter or not, for cream is as scarce in Portugal as in Spain, and consequently its best cheese, *Traz-os-Montes*, is made of ewe's milk.

Meals are, of course, a matter of money, so the city elect

of Lisbon and Oporto sometimes breakfast better, but the bulk of Portuguese subsist by manual labor, the men hauling nets or tending the fields, the women gutting and preserving the fish or working alongside their men on the farm. Rising before dawn to get busy in the old-time Ben Franklin fashion, naturally there is little dallying over breakfast. In the cities, too, the women do most of the work, dressed in jaunty pancake hats they even conduct the street cars. The fishwives of Lisbon are as famous as the herring women of Scotland, and as strong smelling. Waggish mermaids ashore, they get themselves up gaudily in flat bonnets sometimes trimmed with sea-shells, anemones, starfish, coral or seaweed, always picturesque, from acid green shoulder shawl to colorful sea-wetted skirt. They lug around great baskets of dripping whitebait or sardines, go hawking them up and down the residential hills, setting up raucous siren cries and hurling oaths for caresses at one another. Or they load a cart with soggy baskets of the morning catch from the scaly deep and propel them by donkey power to the canning factories. Shrimps and cod are their special care, once the men drag their nets ashore. Expertly the women gut and preserve the shining, flipping mess, setting aside all smaller fry of little commercial value to take home and feast upon, as do the Maine fishermen who have thereby come to believe that baby lobsters and even tender minnows are the tastiest of sea-fruit.

Besides being blasphemous, these voluble Lusitanian fishwives are very religious. Saint Anthony is their patron, and oddly enough he protects both fishermen and cooks alike. In every seacoast town there is a shrine to this saint who does double service, and there the temporarily widowed fish wives rush at the first sign of an approaching storm to drop on their knees in fish-scaly skirts and pray for the safe return of their mates out of the angry sea.

A wooden or plaster statue of Antonio, as the saint is called at home, is set on every kitchen shelf to beam his benign blessings down on the concoction of the day's fish chowder. He counts the onions and carrots that go into the stew and stays the cook's hand when just the right amount of pepper has been added. So if the dish doesn't turn out exactly right it is Santo Antonio's holy fault and the housewife hotly yanks the saint down from his perch, turns him up like a bad boy and spansks him with her slipper for the failure. If a dish burns or displeases the master she takes Antonio out to the well and hangs him head down in it, in dire disgrace—for the fault is obviously his and never hers.

Lunch along this craggy seacoast begins more often than not with delectable raw oysters, fresh from the clear waters of the sea, served in their shells with lemon and pepper fresh-ground from the wooden mill on the table. But inland, especially in towns, the standard appetite opener is fiambres, frios, or cold cuts, taking the place of the more elaborate Spanish entremesas; sliced native salamis always, radishes, olives, fresh butter on a lettuce leaf, sardines and shrimp, with plenty of pepper sauce, mustard and peppery condiments. And by the way, the pepper sauce of Portugal is not to be sneezed at. It comes via Brazil, and is quickly prepared at the table, for it is simply red and green chilis mashed into fresh juice of limes preferably, or lemons, with a wooden spoon. A trickle of this stimulating sauce goes into everything.

The name of the midday meal is almoço, which proves its twinship with the Hispanic almuerzo, but fish here often takes precedence over the Spanish egg dishes, and both are combined in shrimp or oyster omelets. Fish in all fashions, from broiled bacalhão (codfish) through peixe escabeche (pickled fish), to linguado (sole) with shrimp sauce. Then eggs or not. Bifes follow, of course, mostly cooked with onion, and varied by pork,

veal and mutton on occasion. Chicken in aspic, young turkey stuffed with chestnut dressing, or preferably a game-bird pie, pastelão de caçabrava. Wines white and red, drunk in as great quantity as in Spain, though the ordinary ones are inferior in quality and variety.

Dry Bucellas (similar to Rhine wine), or Collares are the favorite whites, with rivals in Arinto, Termo, Carcavellos. Both sweet and dry wines are produced in the vicinity of Lisbon and exported in the name of this capital city, though locally they are known as Palmella and Inglezhinos (little English ones). Bucellas closely resembles Rhine wine because it is grown on vines originally transplanted from the Rhineland.

The vin ordinaire, or vinho do pais, is labeled Consumo. It grows in the Douro valley near the Alto Douro, where the celebrated port wines are produced. It is a natural dry red of low price that stands shipment well, has a flavor all its own, similar to Montpellier from which eau-de-vie is made in France. Among the best known table reds are Collares, Lavradio, Lamego, Torres Vedras and Moncaon; but the Portuguese themselves have a palate for young wines, called vinho verde, green wine, or for vinho virgem, virgin wine, that comes in large clay bottles and is seldom shipped abroad. The taste for them must be acquired, the same as a taste for Spanish manzanilla, young white sherry, though as a matter of fact it is almost necessary to put in a full day at hard manual labor in order to develop a thirst for such strong, crude potations.

Late in the afternoon these astringent wines of peculiar flavor, fixed up with herbs and spirits, are sometimes drunk as apéritifs, but more often local brandy or Brazilian rum is gulped down in the bars with sapid empadinhas all in one bite. These empadinhas are succulent pasties filled with olives, bits of fish, game, mushrooms, any luscious tidbit surrounded by juicy gravy and enclosed in pie crust. They are a considerable refinement

of the individual pork, veal and bird pies served flabby and cold in London pubs. "Muito saboroso," very savoury, say the Portuguese, downing another almost without tasting it. They are served piping, as their brother empanadas of Spain, from a special hot-box standing beside the bar, and some of the sea-food concoctions are beyond compare; one is a tantalizing bite of boiled shrimp enclosed in melodious golden batter mixed with the essence of olive. Distinctive and delicious—a cut above our own soggy canapés.

In the Northern ports a sea oddity serves as a "piece" between meals. This is a meaty mussel torn from its hiding place among submerged rocks by the bushel and consumed raw by the plateful, even as orisons, sea urchins, are, all along the Mediterranean. The Portuguese mussel is about the length, thickness and shape of your forefinger, but it looks more like a leg, a tiny stuffed doll's leg. Its fleshy marrow is encased in a black silken stocking that ends in a polished patent leather boot, its shell, worn neatly and the exact shape of a shoe. To eat this exceptional bit of sea-food the stocking must be first rolled down to get at the shapely white calf that tastes something like scallops. Beside its salt sea succulency the sea urchin of the Mediterranean is a mere nose-thumbng gamin. There is a Cinderella stateliness and charm about this sea leg that mellows the accompanying wine itself, though sometimes the shining black stockings are sadly wrinkled, for want of garters.

At dinner time, jantar, as the last meal of the day is called, the oyster-gorger falls to with lemon and pepper-grinder again. If he has no nonsense about him and hasn't been affected by the foreign beer and apéritifs of Lisbon and Oporto he will dine at a native restaurant in the hearty style of *Portuguez antiga*, in an old-time atmosphere as homey as an Italian kitchen. The tables are served by waiters in fancy vests and shirt sleeves, a respected custom even encouraged by past kings and princes.

They are informal, like Italian, Chinese and all good eating-houses, where the diner feels free to go first to the kitchen, lift the pot lids, savor his dish and consult the cook. The floor is kept freshly sawdusted, like English chop houses of old. Nothing ritzy here, and yet no better menu at the Ritz:

Appetizer: Dry tawny Madeira

Bread soup

A pie of beef, bacon and crisp snips of pork

Cod boiled with potatoes and onions, decorated with shrimps
grilled in their jackets, and melted butter sauce

White Wine

Pig's head in aspic

Wild duck with wild rice

Sliced oranges

Red Wine

Sonhos (Dreams, Cream puffs)

Ice cream

Fruits

Cheese: Traz os Montes, or requeijao, a half dried curd, also of
mutton milk, wrapped in a fresh green leaf

Black coffee

Cognac

Liqueurs

A meaty meal and also a fairly intoxicating one, from the variety of drinks served with it.

Pork in some form appears at every jantar. It is most applauded when it comes on roasted at a tender, suckling age, then known as leitão. The name itself was taken in early days by a proud and prolific family of Lusitania who still own one of the leading department stores in Rio de Janeiro, Casa Leitão. It is well known that the Romans started the custom of taking to themselves as surnames the names of their favorite fowls,

game and foods. The Portuguese being first cousins to the Romans, followed suit.

In the "Arte de Cosinha," Portugal's classic cook book, Joao da Matta points this out, saying it must be so, since the country swarms with gentry named Messrs. Duck, Guinea-hen, Sheep, Lamprey, Codfish, Sausage, Chicken, Pigeon, etc., yet not one of them is named after the kangaroo, elephant, monkey, lion or any other animal that the Portuguese don't actually eat.

The wines for dinner are those already named for lunch, though better vintages are usually served at night. With the dessert, often consisting of the distinguished grapes from which port itself is made, or the favorite preserved apricots, sweet white wines of Setuval and Grandjo come on. The Setuval is a Muscat and the Grandjo is Portugal's finest Sauterne. Portuguese champagne is no better than Spain's, so those who can afford it drink French. Port, of course, is not drunk in Portugal. It is looked upon with the same condescension or disdain as that with which the French contemplate their sparkling Burgundy, manufactured exclusively for export. For as a matter of fact the port doctored up for shipment to England bears but little resemblance to the natural article after it has been doped with elderberries powdered and dried, reinforced with 20% brandy by volume and colored with quebracho extract, from Brazil wood, which also gives to Argentine wines a rich, ruby color but an awfully bad reputation at home. Much of the natural ruby of port, however, comes from long treading of the grape-must in the vats. The Portuguese go about this treading as heartily as turkey cocks. They bathe well before diving naked into the wine vats, and then line up in dance figures, four to eight men doing intricate grape-squashing quadrilles with abandon, for orchestras of guitars, pipes, hautboys, bag-pipes even, are actually hired by vineyard proprietors to keep the wine-pressing boys at their rhythmic grape-dancing four hours at a stretch, while the foreman of the shift sings out the figures.

SOUPS

(*Sopas*)

SOUP OF A THOUSAND INFANTS

(*Sopa de Mil Infantes*)

1 quart chicken broth	$\frac{3}{4}$ cup bread crumbs
Salt and pepper	$\frac{1}{2}$ teaspoon minced
1 egg white	chevril or parsley
1 whole egg	

Season broth, mix in egg white, bring to a boil, let settle, and strain through cloth. Slightly beat egg and thoroughly mix with bread crumbs. Bring broth to a boil, remove from flame, drop in bread-egg mixture a bit at a time, beating rapidly with an egg whip. Serve at once with a little chevril in each plate.

CHICKEN SOUP

(*Sopa de Gallinha*)

1 fowl, jointed	1 onion, chopped
3 quarts water	2 tomatoes, without seeds,
1 tablespoon salt	chopped
$\frac{1}{2}$ garlic clove, minced	$\frac{1}{2}$ cup rice
2 carrots, diced	Pepper

Bring fowl slowly to a boil. Add salt, and skim. Simmer $2\frac{1}{2}$ hours, add remaining ingredients and simmer until done. Skim off fat. Serve with a piece of chicken in each soup plate.

The chicken and rice soup of Brazil is called canja, literally rice-cream. Brazilians are as fond of this dish as we are of ice

cream. Its name has been incorporated into their language and is heard every day in the exclamation "E canja!" "It's easy!" Easy to do, easy money, anything "nice and soft" as we would say. In Portugal and Brazil "E sopa!" is used in exactly the same way. "It's the soup!" Our "easy as pie" is its synonym.

SHRIMP SOUP

(Sopa de Camarao)

1 pound shrimp	1 small onion, chopped
1½ quarts boiling water	½ garlic clove, minced
Salt	6 sorrel leaves, chopped
⅛ teaspoon pepper	(optional)
3 tablespoons butter	½ cup tomato juice
1 tablespoon olive oil	1 tablespoon lemon juice

Croutons

Drop shrimp into boiling water, seasoned with salt and pepper, cook 20 minutes. Strain and save liquid. Shell shrimp, remove black veins, and cut up. Save heads and shells. Melt butter, add olive oil, and fry onion and garlic, slowly, without browning. Add sorrel, tomato juice, shrimp liquor, and shrimp. Bring to a boil. Grind shells and heads as fine as possible, mix with a little of the shrimp liquor and press all possible through a sieve and add to the soup. Simmer until soup is well blended. Add lemon juice, and serve with croutons.

ALMOND SOUP

(Sopa de Amendoas)

¼ pound sweet almonds	Salt
2 bitter almonds	Granulated sugar
1 quart milk, scalded	2 tablespoons butter

Croutons

Blanch and peel almonds and grind to a paste, adding water, a few drops at a time, to keep mass from oiling. Add a little

of the hot milk to the almond paste, mixing with a wooden spoon, and pass through a fine sieve, adding more milk, as necessary, to rub all through sieve. Put mixture in double boiler and cook 15-20 minutes, stirring constantly with wooden spoon. Add remaining hot milk, season with salt and then with a little sugar. Add butter. Lay croutons in hot tureen and pour soup over.

PRINCES' CHOWDER

(*Caldeirada de Principes*)

2 onions, sliced	8 shrimp, shelled
½ garlic clove, minced	1 slice, each, 4 varieties fish
¼ pound butter	2 dozen mussels
¼ pound ham, chopped	¼ bay leaf
1 large tomato, chopped	¼ teaspoon fresh ground pepper
6 sorrel leaves, minced	Salt
(optional)	8 oysters
1 small eel, skinned and sliced	2 tablespoons lemon juice

Slowly fry onions and garlic in butter without browning; add ham and fry, then tomato; add sorrel, eel, shrimp, and fish. Turn in the mixture and fry, shaking the pan, until heated through. Meanwhile, have the mussels steamed open, and the meats removed. Add sufficient boiling water to liquid left in pan to make 1½ quarts; drop in the steamed mussels and cook 15 minutes. Strain and pour liquid over frying fish mixture. Set over slow heat and simmer 10 minutes, adding bay leaf, pepper, and salt. Add oysters with their liquor and simmer until they crinkle. Add lemon juice and serve, putting a bit of each fish and sea food in each serving. (The mussels are to be thrown away.)

This dish is all the tastier if cooked with sea water, according to the practice of coastal Portuguese.

DRY SOUP

(Sopa Secca)

1 quart soup stock	plenty of mint, tied to-
Salt (sparingly)	gether)
Pepper	2 tablespoons butter, melted
Sprigs of sweet herbs (parsley, tarragon, bay, thyme and	Slices stale bread, without crusts

Mix all together, adding enough bread to make very thick. Bring to a boil over very slow fire; remove herbs. Turn into a casserole and bake in moderate oven until brown and crusty. Serve at once.

PORTUGUESE SOUP

(Sopa á Portuguesa)

This soup is a meal in itself and is prepared in three distinct operations, as follows:

(A)

3 pounds lean beef	1 onion, quartered
½ pound salt pork	2 quarts cold water
½ pound ham	Salt

Cover beef, salt pork, ham, and onion with water. Bring slowly to a boil and add a little salt. Skim, and cook like any beef broth, for 3 hours or more.

(B)

2 cups cooked barley	1 celery root
1 smoked beef sausage	1 cup green peas
1 cabbage heart	1 cup green beans
2 turnips	6 one-inch cubes yellow
2 carrots	squash or pumpkin

Salt

Cover all ingredients with water and cook until tender.

(C)

Half an hour before the preceding meat and vegetable soups are ready soak 2 slices bread, without crust, in broth from the beef pot. Mash bread to paste, add 2 cups broth and cook with 6 mint leaves and a blade of mace until thick. Remove mint and mace, and pour in bottom of a hot soup tureen.

Drain vegetables and save liquid. Slice sausage, cut cabbage in portions, dice turnips, carrots, and celery root. Lay the barley on top of the bread purée in the tureen. Then lay in half the turnips, carrots, celery, beans and peas, followed by the sliced sausage and the rest of the vegetables, reserving the cabbage and squash for the top. Skim fat from meat broth, mix with vegetable broth, and pour mixture of the two broths gently into tureen. Lay beef on a platter and garnish with salt pork and ham, to be cut in portions and served with soup. Serve a dish of tomato sauce on the side to be added to soup as desired.

FISH

(*Peixe*)

FRESH COD FISH WITH RICE

(*Bacalão Fresco com Arroz*)

1½ pounds cod fish	½ garlic clove, minced
Salt and pepper	2 tomatoes, chopped
½ cup white wine	½ teaspoon minced parsley
1 onion, chopped	¼ cup butter, melted
1 cup rice	

Slice fish and sprinkle with salt and pepper. Arrange in a baking dish. Sprinkle with wine. Add ½ the onion, garlic, tomatoes and parsley. Pour 1 teaspoon of butter on each slice and let stand ½ hour. Wash rice through several waters and cook in boiling, salted water until nearly dry. Cover and reduce heat until light and fluffy. Fry remaining garlic and onion in butter; add remaining tomato and parsley and fry. Add sufficient salted boiling water to cook the rice (a little less than a quart). Add wine and let boil rapidly. Add rice, a little at a time in order not to stop the boiling. Cook rapidly, uncovered, until the rice is swollen, and nearly dry. Cover and reduce heat until rice is tender and fluffy. Meanwhile bake the fish. Heap a pile of rice high on each slice of fish.

BAKED FISH

(Peixe Assado)

1 (2-pound) fresh water fish	2 tablespoons olive oil
Salt	1 tablespoon flour
1 small onion, chopped	1½ cups sea food or fish broth
½ garlic clove, minced	1 tablespoon white wine vinegar
¼ bay leaf	1 tablespoon minced parsley
⅛ teaspoon pepper	Buttered crumbs

Salt the fish after cleaning, and set it aside for 1 hour; then wash and dry with a cloth. Lay it in a baking dish and commence baking. Meanwhile have ready this sauce: Fry onion, garlic, bay leaf and pepper in olive oil without browning. Add flour and stir. Add heated fish broth and vinegar, stir and simmer until quite thick, salting to taste. After baking 8 minutes remove fish from oven and mask thickly with the sauce. Sprinkle evenly with parsley, and then with the crumbs. Return to the oven and bake until fish is tender and crumbs are brown. If any of the sauce is left over lay it around the fish and serve.

FISH LUSITANIA STYLE

(Pescada á Lusitana)

½ pound fish	3 tablespoons grated Parmesan
2 cups mashed potatoes	cheese
Salt and pepper	Butter
1 egg yolk, beaten	1 tablespoon lemon juice

From the tail end of a fish have slices cut the thickness of a fifty-cent coin, removing bones. Have ready the mashed potatoes, seasoned with salt and pepper, and mixed well with egg yolk and Parmesan cheese. Melt 3 tablespoons butter in a baking pan, and stir into it the lemon juice. Season fish slices with salt and pepper and lay side by side in the pan. Mask each slice with a thick layer of mashed potatoes, neatly smoothing

with a knife repeatedly dipped in melted butter. Place in a moderate oven (350° F.) for about 10 minutes, or until fish is cooked and potatoes are golden brown. The name of this dish is derived from the ancient Latin, Lusitania, for the land that is now Portugal.

FISHWIFE'S STEW (*Caldeirada á Pescadora*)

2 pounds assorted fish, sliced (such as flounder, bass and blackfish)	1 dozen sorrel leaves (optional)
1/4 cup olive oil	1 bay leaf
1 onion, sliced	1 teaspoon minced parsley
1 garlic clove, crushed	1 tablespoon vinegar
2 tomatoes, peeled and sliced	1 1/2 cups white wine
	Salt and pepper
	Thinly sliced stale bread

Lay fish slices in saucepan, add oil, vegetables, herbs, vinegar and wine and shake pan to mix evenly. Season. Bring to a boil, cover closely and simmer 15 minutes. Cover bottom of a casserole with bread slices, lay fish on top and pour pan contents over. Cover closely and set over *very* slow heat for 15 minutes. Serve in the casserole.

Caldeirada á Pescadora should be cooked on the high poop of a Portuguese fishing boat, by a brawny, nut-brown fisherman, or his wife, with the odors of the herbs mingling with the clearing sea mist of early morning to whet an appetite already ravenous from strenuous fishing. Anything from net or hook may go into the earthenware olha—eel or ray as well as the choice of the catch—sole, roballo (sturgeon) or salmonete (red-mullet). The cooking fire should, by rights, be slow charcoal burning in a low iron brazier.

SMALL MACKEREL GRILLED

(Sarda Fresca Grelhada)

4 small mackerel	1 tablespoon onion juice
3 tablespoons olive oil	Salt and pepper
Juice of ½ lemon	1 teaspoon minced parsley

Split mackerel the entire length. Remove backbones, heads and tails. Wash and dry the fillets. Lay in dish. Mix olive oil, lemon juice, onion juice, salt and pepper. Pour over the fish, covering well. Let marinate 2 or 3 hours, turning occasionally. Grill and serve sprinkled with parsley. The marinating liquid may be heated and poured over, or they may be spread with melted butter.

STUFFED SALMON

(Salmão Recheado)

1 (3- to 4-pound) salmon	16 shrimp, cooked and shelled
Salt	2 tablespoons butter
1 pound any white fish, whiting, porgy, etc.	1 cup champagne
2 cups cooked rice	2 teaspoons gelatin
¼ cup fat	¼ cup water
Pepper	1 cup olive oil
3 eggs	1 teaspoon dry mustard
6 oysters	Tarragon vinegar
	Salmon roe, or other fish butter

Salt the salmon and let it stand 1 hour. Chop white fish, saving head and bones. Press it through a coarse sieve. Press rice through sieve. Melt fat and add white fish, rice, salt, pepper and eggs. Mix thoroughly. Cut up oysters and 6 of the shrimp and add to mixture. Wash and dry salmon and stuff with mixture. Sew opening and lay in a baking pan. Dot with butter and sprinkle with pepper. Bake 10 minutes in a hot oven (400° F.). Add half the champagne and baste. Bake 10 min-

utes longer, add remaining champagne and reduce heat. Baste frequently until fish is done. Transfer to a platter and cool. Strain pan gravy and remove fat. Cook head and bones of white fish, and strain through cloth, add strained pan gravy and cook until reduced to $\frac{1}{2}$ cup. Soften gelatin in cold water and dissolve over hot water. Add to reduced broth and shell until it begins to thicken. Beat in olive oil. Add seasonings and tarragon vinegar to taste. Blanch roe, drain, dry, season and fry. Cool. Decorate platter with remaining shrimp, slices of roe and any green garnish. Serve sauce in a boat.

MARINATED FISH, FRIED

(Peixe Frita de Escabeche)

4 tablespoons olive oil	1 teaspoon salt
2 tablespoons lemon juice	1½ pounds fish, sliced
1 tablespoon onion juice	Butter
½ garlic clove, crushed	Bread crumbs
4 peppercorns, crushed	1 egg, beaten
⅛ teaspoon grated nutmeg	1 cup white wine
½ bay leaf	1 teaspoon minced parsley
1 tablespoon minced onion	

Mix olive oil, lemon juice, onion juice, garlic, peppercorns, nutmeg, bay leaf, and salt, and beat. Dip fish slices in mixture, lay in a bowl, and pour remaining mixture over. Marinate 2-3 hours. Remove fish, drain, and wipe dry. Save all marinating liquid and strain. Brush fish with melted butter, dip in crumbs, then in egg, then in crumbs. Fry in butter, drain on absorbent paper, and cool. Mix marinating liquid with wine and heat to boiling. Add parsley and minced onion. Cool and serve the fish cold with sauce in a boat.

This is a dish of the Iberian Peninsula, found in Spain, and especially in Portugal and her dependencies, as well as in Latin

America. It is preserved in tins and canned at home. There are any number of recipes varying the flavor, and nearly every fish is eligible. Sometimes the egg and bread crumbs are omitted, the fish being simply fried in butter or oil. In the case of eels, the wine is mixed with wine vinegar.

ANY FISH, SMOTHERED

(*Qualquer Peixe Ensopado*)

1 small onion, chopped	1½ pounds fish, sliced
½ garlic clove, minced	Salt and pepper
1 small carrot, grated	1 cup white wine
3 scallions, chopped	1 cup fish broth
1 large tomato, seeded and chopped	¼ cup olive oil (or 4 table- spoons butter)
½ bay leaf	Lemon slices sprinkled with parsley
1 sprig parsley	
	1 sprig celery

In a buttered pan make a bed of vegetables and herbs. Lay fish slices on top, one slice overlapping another. Sprinkle with salt and pepper and pour in wine. Add broth made from cooking fish head. Cover closely and simmer, basting frequently. Remove fish to hot platter. Discard herbs; reduce pan liquid; add olive oil or butter. Mix well, and pour over. Serve lemon separately.

SOLE IN SHRIMP SAUCE

(*Linguado em Molho de Camarão*)

1 medium-sized sole (flounder)	2 cups shrimp liquor
½ pound shrimp	Salt and pepper
¼ cup butter	1 dash nutmeg
1 teaspoon flour	1 tablespoon lemon juice

Buttered crumbs

Have head of sole and skin on dark side removed by fish dealer. Shell shrimp and cook in boiling water 15 minutes;

drain and reduce liquid to 2 cups. Melt 2 tablespoons of the butter, add shrimp and slowly fry until they begin to color. Add flour, shrimp liquor, seasonings, and lemon juice. Let boil up, stirring gently. Season fish inside and out with salt and pepper. Lay in baking dish, skin-side down. Dot with butter and set in medium hot oven. Bake 10 minutes, basting with own juices. Add boiling-hot shrimp sauce, and continue basting with sauce. When nearly done, scatter with buttered crumbs and allow to brown.

A FANCY FISH DISH (*Um Prato de Peixe Especial*)

1½ pounds flounder fillet	1 dozen oysters, poached and
Salt and pepper	drained
½ teaspoon minced parsley	1 dozen small shrimp, cooked
Fresh sardines (or canned)	3 eggs
1 cup cooked rice	Juice of 1 lemon
2 pickled gherkins, chopped	¼ cup Madeira
Anchovy fillets	¼ cup grated Parmesan cheese
	¼ pound butter

Have fillets split thin, the slices not entirely cut through. Open slices on a board with edges overlapping so they may be rolled after stuffing is laid on. Trim to rectangular shape. Sprinkle with salt, pepper and parsley. Clean and fillet sardines. Grind fish trimmings with rice and cover half the sardine fillets with the mixture, laying a sardine fillet on top of each. Arrange these stuffed sardines with the pickle on the flounder, adding anchovy fillets, oysters and shrimp as evenly as possible, so a neat roll may be made. Brush well with 1 beaten egg. Roll so that fillets of anchovies and sardines lie lengthwise. With a sharp knife, cut roll down in 1½ inch slices. Lay in buttered baking dish and sprinkle with lemon juice and Madeira. Sprinkle with 2 tablespoons grated cheese and dot with butter. Beat potatoes with remaining eggs, cheese and butter and spread

over top. Brush with egg. Cover and bake in a moderate oven (350° F.). Uncover to brown.

SARDINES

(*Sardinhas*)

Butter a baking dish, and lay in it sardines of good size, which have had the loose silvery skin rubbed off, and have been dredged with flour. Put dabs of butter over them, sprinkle with parsley and heat in a quick oven, being careful not to dry them out. They can be served with a hot tomato sauce, or to garnish baked or boiled fish, one sardine being placed on each serving of fish.

SARDINE PIE

(*Torta de Sardinhas*)

1 pound fresh sardines	Salt and pepper
(tinned sardines will serve)	$\frac{1}{2}$ pound lean pork
$\frac{3}{4}$ pound flour	$\frac{1}{2}$ pound pork liver
$\frac{1}{4}$ pound clarified beef fat	Cayenne
4 egg yolks	$\frac{1}{8}$ teaspoon nutmeg
Ice water	2 whole eggs

Clean and scrape sardines; cut off heads; gently take off the fillets and remove small bones. Mix flour, $\frac{2}{3}$ teaspoon salt, and beef fat. Add egg yolks and enough ice water to make a paste the consistency of bread dough; let stand in a cool place $\frac{1}{2}$ hour. Grind pork and liver together until very fine. Add salt, cayenne and nutmeg and press through a sieve. Add 1 egg. Roll out half the flour paste to thickness of a coin and line a buttered baking tin with it. Place $\frac{1}{2}$ meat mixture in this pie. Season sardine fillets and lay on top; cover with rest of meat mixture. Roll out rest of paste and cover the pie, wetting edges with white of egg and pressing together. Pierce top crust with pointed knife to let out steam. Brush over with egg yolk beaten with 1 tablespoon water, and bake.

SALT CODFISH IN SAUCE

(*Bacalão em Molho*)

1 pound salt cod	2 tomatoes, chopped
1 large onion, chopped fine	1 onion, sliced thin
2 garlic cloves, minced	1 sprig parsley
2 tablespoons olive oil	1 sprig celery
Cayenne	2 egg yolks, beaten

Soak codfish 24 hours, changing water frequently. Parboil 10-15 minutes, remove and cut into convenient pieces, taking out all visible bones. Fry onion and garlic in oil until light brown and tender. Add cayenne and tomatoes, onion, parsley and celery. Pour in 1½ cups boiling water and simmer for a few minutes. Lay in the pieces of fish, baste and simmer. When tender, take from the fire and slip in, here and there, the beaten egg yolks. Shake the pan gently to mix, and serve, sliding the contents of the pan carefully into a deep hot platter.

There are forty recipes for cooking salt cod.

SALT CODFISH BAKED

(*Bacalão Assado*)

1½ pound salt cod	Olive oil
Cayenne	Onion rings
1 egg, beaten	Garlic cloves, halved
Bread crumbs	Red wine vinegar

Parsley for garnishing

Choose a thick slice of salt cod; soak in cold water 24 hours, changing as often as convenient. Parboil 10-15 minutes over hot fire; drain and wipe dry. Dash it with cayenne; dip in beaten egg and then in crumbs. Sprinkle with olive oil. Lay in a buttered baking dish and brown in oven. Lay on a hot platter; decorate with onion rings and garlic halves. Sprinkle generously with olive oil and vinegar. Garnish with parsley and serve

at once. If there is to be any delay in serving, the oil and vinegar should be added at the table, since the crispness of the fish will be spoiled if it stands with the vinegar soaking into it. A sprig of parsley is served with each portion, to be nibbled while eating the fish.

SHRIMP CROQUETTES

(Croquettes de Camarões)

1 onion, sliced	2 eggs
1 garlic clove, minced	12 large shrimp, chopped
1 tablespoon butter	Salt and pepper
1 teaspoon chopped parsley	Flour
1 slice dry bread	Bread crumbs
1 tablespoon milk	Deep fat for frying

Fry onion and garlic in butter until light brown and tender. Add parsley, moistened bread, milk, 1 beaten egg, shrimp, seasonings and enough flour to bind. Mold into oval shapes and allow to cool thoroughly. Dip in beaten egg, then in crumbs and fry in deep fat.

This is one of the dishes taken by Portuguese traders, centuries ago, to Japan, where, with slight modifications, it is made to this day, under the name "Tempura," which identifies the frying in batter, rather than the shrimp, for lobsters and other delicacies of the sea are cooked by the same recipe.

SHRIMPS FRIED IN BATTER

(Camarões Fritos em Massa de Vinhée)

1 pound raw shrimp	1 egg white, beaten
Salt and pepper	1 egg yolk, beaten
2 tablespoons lemon juice	Deep fat for frying
2½ tablespoons olive oil	Minced parsley
1 cup flour	Quartered lemons

Shell shrimp. Mix salt, pepper, lemon juice and all but 1 teaspoon of olive oil. Beat, and mix with the shrimps. Marinate

$\frac{1}{2}$ hour; drain. Make a batter with flour, egg white and yolk, 1 teaspoon olive oil, and enough tepid water to thin. Run toothpicks through the shrimp so they are skewered together in groups of four or five. Dip the groups of shrimp into batter until completely covered. Fry in deep fat. Drain on absorbent paper. Sprinkle with parsley, and serve with quartered lemons.

BROWNEED SHRIMPS

(*Camarões Torados*)

Choose large fresh shrimps; wash well, letting them lie in cold water until free of all sand. Dry well in a linen towel. Have ready enough hot olive oil in a pan to make a depth of half the thickness of a shrimp. Heat to smoking point; drop in shrimps, one by one, turning them often until they are done. Lay on brown paper in a hot place to drain. Sprinkle with salt and pepper. Serve on a hot platter. They are shelled at the table. The larger the shrimps are, the better. In Brazil, where gourmets gorge on camarões torados em casca, the best local shrimp, browned in their shells, are netted at the full of the moon, are almost as large and luscious as baby lobsters. Don't try this dish with English prawns or you'll be vexed.

SHRIMP AND OYSTERS WITH MACARONI

(*Camarão e Ostras com Macarrão*)

1 dozen large shrimp	$\frac{1}{8}$ pound butter
1 $\frac{1}{2}$ dozen oysters	2 slices bacon, minced
1 pound macaroni	1 large tomato, chopped
Salt	Pepper
3 small onions	Juice $\frac{1}{2}$ lemon
1 garlic clove, minced	1 teaspoon minced parsley

Shell the shrimps. Make sure there are no pieces of shell clinging to the oysters. Cook shrimp 15 minutes in salted water. Meanwhile, break the macaroni in short lengths, and drop into rapidly boiling salted water. Cook 15 minutes, drain, and douse

with 1 cup of cold water. Poach oysters in own liquor until they crinkle. Slice onions and cut slices in two; fry with garlic in butter until they begin to be tender. Add bacon and fry. Add tomato and seasonings, 1 cup of the shrimp water and $\frac{1}{2}$ cup of the oyster liquor. Simmer until well blended; add lemon juice and parsley. Mix oysters, shrimp, the well drained macaroni, and the sauce together. Heat until the flavors are well mingled.

The Portuguese save the heads and shells of the shrimps, grind, press them through a sieve, and add them to the sauce.

SHRIMP AND FLOUNDER MAYONNAISE

(Mayonnaise de Camarao e Linguado)

1 pound fillet of flounder	1 head lettuce
Salt and pepper	1 $\frac{1}{2}$ cups mayonnaise
$\frac{1}{4}$ cup butter, melted	2 dozen olives, stoned
Juice of 3 lemons	Mixed pickles
2 dozen shrimp	6 slices pickled beets
$\frac{1}{2}$ teaspoon pimpernel, minced	3 hard-boiled eggs, halved
1 teaspoon minced parsley	6 anchovy fillets
	6 capers

Put fillets in a buttered baking dish. Sprinkle with salt and pepper and pour on melted butter and $\frac{1}{2}$ the lemon juice. Place in a moderate oven (350° F.) and baste. Cover after 10 minutes so they will not brown. Cook shrimp 20 minutes in boiling, salted water. Cool, shell, and remove black vein. Drain fillets and cool. Combine lemon juice, pimpernel, parsley and season both fish and shrimp with the mixture. Chill. When ready to serve chop least attractive shrimp and slice fine an equal quantity of lettuce leaves. Mix together with a little of the mayonnaise. Cut fillets in service portions and lay on a chilled platter. Put some of shrimp-lettuce mixture on each portion.

Mask with mayonnaise. Decorate platter with remaining materials, putting a bit of mayonnaise on each egg half and 1 caper within a curled fillet of anchovy on the mayonnaise.

Save shrimp liquor and pan gravy from fish for making ovos com molho de peixe, eggs in fish sauce (see recipe).

SORREL SAUCE FOR FISH

(Molho de Azedas Para Peixe)

1 quart sorrel	2 teaspoons flour
Salt	Fish broth or pan gravy
2 tablespoons butter	Pepper
	1 egg yolk, beaten

Use only the sorrel leaves; cook in a little salted boiling water until tender; drain and press out water. Press through a fine sieve. Melt butter, add flour and stir. Add gravy from fish pan or broth from boiled fish, and stir in the sorrel. The consistency should be slightly thinner than ordinary gravy. Season with salt and pepper. Heat to boiling, remove from flame, and stir in egg yolk.

EGGS

(*Ovos*)

OVOS COM MOLHO DO PEIXE

½ garlic clove, minced	2 cups fish or seafood broth
1 small onion, minced	Salt and pepper
1 tablespoon olive oil	6 hard-boiled eggs, halved
1 tomato, chopped	Buttered crumbs
1 tablespoon flour	1 teaspoon minced parsley

Fry garlic and onion slowly in olive oil. Add tomato and continue frying. Blend in flour. Add previously heated fish broth, slowly. Stir and simmer until mixture thickens. Season. Arrange egg halves in buttered baking dish. Pour sauce over, then sprinkle with bread crumbs and parsley. Brown lightly in oven. The fish broth may be enriched by boiling head and bones of a fish in a little water, afterward straining through cloth and reducing to required quantity by boiling.

EGGS IN PORTUGUESE STYLE

(*Ovos á Portuguesa*)

Heat olive oil in a frying pan and add minced garlic. When the garlic is a delicate brown remove with a skimmer. Add to the oil 5 or 6 thick tomato slices. Turn carefully in the hot oil and keep them shapely. Season well with salt and pepper and put them in a baking plate. With a teaspoon make little hollows in the tomatoes and drop a fresh egg in each hollow. Season. Place in a hot oven just long enough to set the egg whites.

MEAT DISHES

(*Pratos de Carne*)

MEAT BALLS

(*Balas de Carne*)

1 cup bread crumbs	1 garlic clove (small)
1 pound hamburger	1 small onion, chopped
3 eggs	1 bay leaf
Salt and pepper	1 sprig celery
4 slices bacon, chopped fine	1 bit thyme
1 teaspoon minced parsley	Juice 1 lemon
Flour	1 egg yolk, beaten

Wet $\frac{1}{2}$ cup of the bread crumbs and squeeze dry. Add to the hamburger, with 2 of the eggs, salt and pepper, bacon, and parsley. Mix thoroughly, and form into balls the size of an egg. Dredge with flour, roll in beaten egg, and then in crumbs. Let stand a few minutes. Meanwhile boil garlic, onion, bay leaf, celery, and thyme in $1\frac{1}{2}$ pints of water until reduced to 1 pint. Strain; put back in the sauce pan and bring to a boil. Drop in the meat balls and cook, not letting the water boil so hard that they fall to pieces. Take up. Add lemon juice, and more salt and pepper if necessary. Let boil up, take from the fire, and stir in the egg yolk. Pour over the meat balls and serve.

LITTLE BEEFSTEAKS, PAN-FRIED

(Bifes de Vacca Panados)

1 pound sirloin or tenderloin (sliced thin)	1 cube beef suet
Salt and pepper	Bread crumbs, sifted
1 tablespoon lemon juice	Grated Parmesan cheese
	2 eggs, beaten
Lard for frying	

Be sure all skin and fat have been removed from meat. Cut in equal pieces about 3 inches in diameter. Sprinkle each piece lightly on both sides, with salt, freshly ground pepper, and drops of lemon juice. Slice suet and try out the fat. Mix crumbs with equal quantity of Parmesan cheese. Dip meat in hot fat and then in crumb mixture, carefully covering both sides. Pile up, one piece on top of the other, in a neat stack and set aside for at least 1 hour. Then carefully dip each piece in beaten egg, and then in crumbs. Have lard hot, and fry until tender.

MINCED BEEF

(Picada)

1 pound roast beef, minced	Cayenne
½ pint gravy	Hot cooked rice
⅛ teaspoon nutmeg	Baked tomato halves

Make a hash of minced beef and gravy, season with nutmeg and cayenne. Press rice into buttered small molds and unmold. Arrange in a ring on a platter, put a baked tomato half on each mold of rice. Pour hash into the center of platter.

This arrangement of boiled rice and tomatoes is known throughout the cooking world as Portuguese garnishing, and is a tempting accompaniment to many a meat dish, from a roast leg of lamb to a platter of dainty chops.

A French dish cooked "à la Portugaise" is one cooked either with a bed or a cover of forcemeat or chopped meat.

MEAT FLOWERS

(*Flor de Carne Estufada*)

For Each Flower:	2 tablespoons white meat,
1 thin slice uncooked beef	minced
Sorrel leaves, without stems	Salt and pepper
(or young spinach)	½ hard-boiled egg
1 thin circle uncooked ham	Portuguese cooking sauce
1 thin omelet, egg yolks only	Lettuce for garnishing
1 thin slice cooked smoked tongue	

Pile ingredients, except sauce and lettuce, like a stack of pancakes in the order given, each layer being very thin, and all of the same circumference except the egg half which crowns the pile, white side up. With needle and strong thread, make a gathering around the edge of the beef. Stretch and work edges of beef upward, at the same time pressing the pile down in the center until beef surrounds other ingredients like the calyx of a flower enfolding its petals. Draw thread tight and tie. This forms a ball the size of an orange, with the white of the egg showing in the exact center of the top. Lay as many of these balls as desired in a saucepan, add boiling Portuguese cooking sauce made without tomato (see recipe) to half the height of the balls. Simmer, turning occasionally. Take up, remove thread and serve on lettuce with egg next to lettuce. With a very sharp knife, cut meat ball down to the level of the egg yolk in 6 equal sections. Gently open the sections and a flower of many colored petals will be formed by the contrasting layers of beef, sorrel, omelet, tongue and white meat. The egg half holds these petals together at the base and its yolk makes a daisy-like center for the flower. Reduce cooking liquid and serve in a gravy boat.

PORTUGUESE CURRY

(Bindelho)

2 pounds beef, pork, or duck	$\frac{1}{8}$ teaspoon ground cloves
1 teaspoon salt	1 teaspoon cayenne
4 peppercorns	$\frac{1}{2}$ teaspoon toasted cumin seed
1 cup vinegar	(Substitute caraway seeds)
3 garlic cloves, crushed	1 teaspoon toasted Coriander seeds
$\frac{1}{4}$ teaspoon cinnamon	
$\frac{1}{2}$ tablespoon ground ginger	1 bay leaf
	$\frac{1}{4}$ pound fat

Cut meat in cubes. Mix together all other ingredients, except fat, and pour over meat. Marinate 8 hours, stirring occasionally. Drain meat; heat fat to smoking and fry. Reduce heat. Strain marinade and pour over. Simmer until very tender.

LAMBS' TROTTERS, FRIED

(Fritura de Mãos de Carneiro)

6 lambs' trotters	2 tablespoons vinegar
Salt and pepper	Bread crumbs
Butter or fat	2 eggs, beaten
1 tablespoon onion juice	Deep fat for frying
1 garlic clove, minced	Parsley sprigs
	Tomato sauce

Cook trotters in salted water until ready to fall from the bones. Drain. Remove bones, keeping the trotters as shapely as possible. Melt butter in a frying pan, add onion juice and garlic and simmer. Add vinegar and trotters. Sprinkle with pepper and simmer until well seasoned, 5-10 minutes; then drain. Press into original shapes, dip in bread crumbs, then in beaten egg, then in crumbs. Fry in deep fat; drain on absorbent paper. Drop parsley sprigs in deep fat and fry for a garnish. Serve very hot with a tomato sauce made with some of the boiling liquor. Serve several fried parsley sprigs with each portion.

BAKED KID (*Cabrito Assado*)

4 pounds young goat in large pieces, an assortment of cuts from leg, chops, and breast	1/8 teaspoon freshly ground pepper
1 garlic clove, crushed	Salt
1/2 bay leaf	1 cup white wine
3 tablespoons vinegar	2 tablespoons lemon juice
1 tablespoon minced parsley	1/4 cup beef fat, melted
	3 cups rice, freshly cooked

In a deep bowl mix together all ingredients except the rice. Let stand 2-3 hours, turning the meat over occasionally so that it will be evenly flavored. Place meat with the marinade in a baking pan and put into a hot oven (400° F.). Reduce heat and bake until tender and nicely browned, basting often. Take up meat, remove some of the fat from pan gravy, strain; and put liquid back in pan. Turn the rice into it and mix well; heat and serve with the meat.

PORK CHOPS FRIED (*Costeletas de Porco Fritas*)

6 pork chops	1 bay leaf, minced
1 teaspoon salt	2 cloves, crushed
4 peppercorns, crushed	Tomato sauce
1 tablespoon minced parsley	Pickles

Trim superfluous fat from chops. Mix other ingredients, rub over chops, lay in a bowl and add remaining mixture. Place in refrigerator for 2 days, turning occasionally. Wipe with a napkin and grill, or fry. Serve with tomato sauce; or with a piquant sauce, and pickles.

SADDLE OF MUTTON

(Quadrado de Carneiro)

Saddle of mutton	6 peppercorns
2 quarts port wine	2 onions, sliced
2 cups meat broth	2 carrots, chopped
2 cups wine vinegar	1 young turnip, chopped
6 cloves	1 garlic clove, crushed
2 bay leaves	Salt
6 allspice	Currant jelly

Have saddle nicely trimmed, but leave on the tail (although it will be blackened to a crisp, its flavor must not be lost). Boil all ingredients together 10 minutes, except meat, salt, and jelly. Lay saddle in a deep bowl and pour the boiling mixture over. Let stand 4-5 days, turning occasionally. Take saddle out of the marinade, and dry thoroughly; rub with salt; wrap in plenty of oiled paper, or slip into an oiled thick paper bag. Cook on a spit before an open fire, or under a slow gas grill with door open. When paper is much scorched remove it, saving every drop of dripping. Finish grilling and take up. Meanwhile have marinade strained and the amount of it desired for the sauce reduced one-half or more; mix with drippings and currant jelly to taste and serve in a boat.

This is truly a man's dish and a dish for a man cook, since any housewife would object to the blackened color of the meat as it comes from the grill. But underneath the outer crust the flavor is superb, and will delight any gourmet.

FILLET OF VENISON

(Filete de Veado)

1 small onion, chopped	¼ cup olive oil
1 small carrot, chopped	3 tablespoons vinegar
1 young turnip, chopped	2 cloves

1 piece mace	Flour
4 peppercorns	½ cup currants
1 fillet of venison	12 almonds, blanched and
Bacon strips for larding	shredded
1 orange	2 tablespoons pomegranate pips
1 lemon	Salt
1 cup white wine	Cayenne

Mix onion, carrot, turnip, oil, vinegar, cloves, mace and peppercorns. Place fillet in deep dish and pour mixture over. Marinate 4 hours, turning several times. Drain, wipe dry, and lard with bacon. Lay in roasting pan; strain marinade over and bake, basting frequently after first 10 minutes. Peel orange and lemon, cut peel in shreds and boil in water until tender. Drain and discard liquid. Reduce wine to ½ cup by boiling. Mix with orange and lemon juice. Take up fillet when done, and mix pan contents with wine mixture, adding a little boiling water if necessary. Thicken slightly with flour. Add currants, almonds, orange and lemon peel, and heat until currants plump. Add pomegranate pips, season with salt and cayenne, and serve sauce in a boat.

While we think of venison chiefly in terms of the gigantic spreading-antlered species of our north woods, Europeans are accustomed to much smaller species, semi-domesticated in game preserves. In wooded sections of Portugal, Spain, Austria, Germany and anywhere in the Alps deer are so common and tame that they may be counted by the dozen out of train windows. Some of them are so small you could slip a doe in your overcoat pocket and use the tiny buck's horns for chop-sticks.

LITTLE VENISON PIES

(Empadinhas de Veados)

$\frac{1}{2}$ pound choice cut of venison	1 sprig thyme
$\frac{1}{8}$ pound ham	Juice 1 lemon
3 slices bacon, minced	3 tablespoons tarragon vinegar
$\frac{1}{2}$ cup white wine	2 cups flour
$\frac{1}{2}$ bay leaf	Salt
$\frac{1}{2}$ garlic clove	$\frac{1}{8}$ pound butter
$\frac{1}{8}$ teaspoon pepper	6 egg yolks
$\frac{1}{8}$ teaspoon grated nutmeg	1 teaspoon minced parsley
1 sprig parsley	1 hard-boiled egg, chopped
Stoned olives	

Cut venison and ham in shreds the size of a lead pencil. Place in a bowl with bacon, wine, bay leaf, garlic, pepper, nutmeg, parsley, thyme, lemon juice, and vinegar. Mix well and marinate 2 days, stirring occasionally. Sift flour with 1 teaspoon salt, work in the butter, add 5 egg yolks, slightly beaten, and knead together to form a stiff dough. If not moist enough add a little cold water. Cover with a cloth and allow to stand $\frac{1}{2}$ hour. Then break off bits of the dough and with the hands mold out shells to fit patty pans. Roll out some of the dough and cut covers to fit the shells. Cut venison and ham in inch lengths. Set the shells in the pans, and fill with the meat, adding a little minced parsley, chopped egg, the minced bacon from the marinade, and 1 olive in each shell. Moisten with some of the marinade mixture. Brush edge of dough with egg yolk, put on cover and press down. With a sharp knife make a gash in the center to let out the steam, and bake in a moderate oven (350°F.). The pies are nearly done when the gravy begins to rise through the hole in the cover. Remove from oven, brush tops with egg yolk, and put back in oven for a moment to dry the egg. Take pies out of the tins at once, and serve either hot or cold.

CHICKEN SAUTE

(Fritura de Frango)

1 young chicken, jointed	½ pound fresh mushrooms
Salt and pepper	(or 1 can)
3 tablespoons olive oil	2 tablespoons butter
3 shallots, minced	2 tomatoes, chopped
½ garlic clove, minced	1 tablespoon minced parsley

Season chicken and fry golden in oil with the shallots and garlic. Separately sauté mushrooms in butter, and add to pan contents. Add tomato and a little boiling water and simmer. Take up chicken, arrange mushrooms around it, pour sauce over, and sprinkle all with parsley.

CHICKEN LIVERS

(Figados de Gallinhas)

10 chicken livers	1 cup Spanish sauce (hot)
3 tablespoons butter or oil	(see recipe)
Salt and pepper	1 tablespoon lemon juice
¼ cup Madeira	Croutons

Make sure that all the galls have been removed from the livers. Heat butter, add livers, season and toss over the fire 5 minutes. Add Madeira and quickly reduce. Add sauce and lemon juice; mix well; put on hot platter; garnish with croutons.

BRAISED PARTRIDGES

(Perdizes Estufadas)

1 pair partridges	2 cloves
¼ cup olive oil	3 peppercorns
¼ pound ham, in coarse shreds	Meat broth, heated
2 onions, chopped	1 cup white wine
2 small carrots, chopped	2 tablespoons vinegar
1 garlic clove, minced	Salt
1 bay leaf	1 cup grated bread crumbs
2 sprigs parsley	Butter

Singe, draw and truss birds. Heat oil in saucepan; add ham, onion, carrots, garlic, bay leaf, parsley, cloves, and peppercorns, and fry the birds for 10 minutes, moving the contents of the pan continually and turning the birds so they will heat evenly. Add 1½ cups boiling broth and boil rapidly until reduced to a glaze, turning the birds over. Then add wine, vinegar, salt and broth to half the height of the birds. Cover very closely and simmer. (At this point the Portuguese cook seals her casserole, buries it in a bed of hot ashes and heaps hot ashes on the cover.) When tender take up birds, cover and set over steam. Skim off fat from gravy, and press through a sieve. Fry crumbs in butter, add to gravy, and boil until thick. Remove birds to hot platter and pour gravy over.

FRIED BIRDS

(*Aves Fritas*)

Partridges, quail, squab, or squab chicken:

Olive oil	Salt and pepper
1 onion, sliced	Tomato sauce, heated
½ teaspoon minced parsley	Stoned olives, scalded
1 garlic clove, minced	Large croutons

Pluck, singe and draw birds, and cut them in service portions. Season and fry in olive oil with onion, parsley and garlic. When tender season and add tomato sauce and olives and simmer 10 minutes. Garnish platter with croutons.

GAME PATTIES

(*Pastelinhos de Caça*)

Less desirable portions of a	1 clove
game bird or rabbit	Salt and freshly ground pepper
1 cup Madeira	½ bay leaf
1 cup water	1 sprig parsley
½ garlic clove, minced	1 sprig thyme
2 tablespoons onion, minced	2 tablespoons minced truffle
Patty shells	

Stew meat in Madeira mixed with water, garlic, onions, seasonings and herbs. Cool. Remove clove, bay leaf, parsley and thyme. Take meat from bones; grind and put back in liquid. Add truffle, and simmer until reduced. Fill patty shells and serve either cold or heated in the oven.

SAUCES

(*Molhos*)

PORTUGUESE COOKING SAUCE

(*Molho Estufado*)

(For All Meats)

- | | |
|----------------------------------|---|
| 1 onion, chopped | herb—tarragon, thyme, mar- |
| 2 tablespoons olive oil | joram or basil) |
| 1 garlic clove, minced | Meat broth or pan gravy |
| 1 tomato, chopped (optional) | $\frac{1}{2}$ cup white wine, or 3 table- |
| 1 herb bouquet (parsley, celery, | spoons Madeira (optional) |
| bay leaf, and one additional | |

Slowly fry onion in oil until it begins to color, add garlic and fry golden. Add tomato and bouquet and simmer. Add broth and wine and simmer.

Meat to be braised, or pot-roasted, is browned with the onion and garlic. Vegetables, or meat, to be boiled, are added after the broth. For roast meats, add this sauce, hot, to pan when basting begins.

PORTUGUESE SAUCE FOR MEATS

(*Molho Portuguez*)

HOT

- | | |
|-----------------------------------|---------------------------------------|
| 1 onion, sliced thin | $\frac{1}{2}$ teaspoon salt |
| 1 garlic clove, minced | Tobasco sauce or cayenne |
| 2 tablespoons olive oil | (or fresh hot chili pepper) |
| 1 small green pepper, sliced thin | $\frac{1}{2}$ teaspoon minced parsley |
| 1 small tomato, sliced thin | 1 tablespoon vinegar |

Hot pan gravy

Slowly fry onion and garlic in oil until it begins to color. Add green pepper and fry, but do not let it brown. Add remaining ingredients, cover and simmer 10 minutes. Slide out of pan on to meat platter, or into sauce boat, being careful not to break tomato slices.

COLD

Onion rings	Thin tomato slices
Green pepper rings	Salt and pepper
Vinegar thinned with water	

Place vegetables in a dish. Add salt, pepper and vinegar. Let stand 1 hour, and serve with cold meat.

OLIVE SAUCE FOR MEATS

(*Molho de Azeitonas*)

1 dozen olives	2 cups Portuguese cooking
1 cup Madeira wine	sauce (see recipe)

With sharp knife cut olives from the pits in spirals. If very salty, scald with boiling water and drain. Simmer in wine until nearly dry. Add Portuguese cooking sauce, or pan gravy.

VEGETABLES

(*Légumes*)

NOURISHING RICE

(*Arroz de Substancia*)

Strain rich highly-seasoned soup, made of meat and vegetables; and bring to a boil. Wash rice through many waters and drain. Add rice a little at a time to boiling soup, and boil rapidly until grains swell, and liquid is nearly absorbed. Reduce heat, or place over boiling water until rice is completely tender and dry. Uncover a few minutes before serving. Proportions are approximately 1 cup of rice to 1 quart of soup.

SUMMER SQUASH

(*Abobora de Agua*)

1 pound summer squash	Salt and pepper
1 small onion, minced	$\frac{1}{2}$ teaspoon minced parsley
1 garlic clove, minced	$\frac{1}{4}$ cup tomato purée
2 tablespoons bacon fat	1 tablespoon vinegar
2 tablespoons meat broth	

Peel squash, remove seeds, and cut in 1-inch cubes. Parboil in salted water and drain. Meanwhile to prepare the sauce: fry onion and garlic slowly in fat without browning. Add seasonings and parsley. Then tomato purée, vinegar, and meat broth. Simmer for a few minutes. Add the squash and mix well. Cover closely and simmer slowly until squash is tender and liquid nearly absorbed. It may be necessary to remove cover at the end in order to reduce sufficiently. The squash may be mashed lightly with a fork, or left in cubes.

SHELLED GREEN BEANS

(Favas)

4 slices bacon, chopped	Salt and pepper
3 scallions, chopped	3 cups shelled green beans
1 garlic clove, minced	or fresh lima beans
1 thin slice cooked ham, chopped	Beef broth

Fry bacon until crisp. Add scallions, garlic, ham and seasonings and continue frying, but do not brown. Add beans and mix together. Pour in sufficient beef broth to cover and cook until beans are done and sauce reduced. Serve with poached eggs and slices of sausage heated in butter.

SPINACH WITH SARDINES

(Espinafre con Sardinhas)

1 large tin sardines	Juice of $\frac{1}{2}$ lemon
2 cups cooked spinach, chopped	2 tablespoons onion juice
$\frac{1}{2}$ cup bread crumbs	$\frac{1}{4}$ teaspoon pepper
1 hard-boiled egg	Salt

Butter

Skin, bone and chop sardines. Mix with spinach, bread crumbs, egg white and $\frac{1}{2}$ yolk, minced, lemon juice, onion juice, seasonings and a little of the spinach liquor. Put in a buttered baking dish, grate remaining $\frac{1}{2}$ egg yolk over top and dot with butter. Bake 15 minutes in a moderate oven (350° F.).

DESSERTS

(*Sobremesas*)

ALMOND CAKE

(*Bolo com Amendoas*)

6 egg yolks	Juice of 4 oranges
1 cup granulated sugar	6 egg whites
1 cup blanched almonds, ground	¼ pound potato flour
1 teaspoon grated orange rind	Apricot jam
	Orange icing

Beat egg yolks with sugar until light and creamy. Add ground almonds, orange rind and juice. Beat egg whites to a stiff froth and beat in alternately with potato flour. Pour mixture about 1 inch thick into a greased and floured baking sheet. Bake in moderate oven (350° F.). When cool, cover with a thin layer of apricot jam and ice with orange-flavored icing.

CAKE TO EAT WITH WINE

(*Bolo para Vinho*)

½ cup butter	5 egg whites
1 cup granulated sugar	2 cups cake flour, sifted 4 times
9 egg yolks	A pinch of cinnamon
1 teaspoon grated orange rind	

Cream butter and sugar; add egg yolks, and beat until all are light and creamy. Beat egg whites until stiff but not dry and add to batter, a little at a time, continually beating. Add flour gradually, also the cinnamon and orange rind. Butter a shallow baking tin, line bottom with oiled paper. But in batter and bake

in moderate oven (350° F.). When cold, slice cake and toast slices on both sides. Serve cold.

FRIED CREAM

(*Torrijas de Nata*)

3 egg yolks	Butter
1 cup whipping cream	Powdered sugar
1 whole egg, beaten	Cinnamon

Beat egg yolks lightly and whip into cream. Spread not more than $\frac{1}{2}$ inch thick in a greased pan. Place over a very low flame and cook slowly. Cool and cut in small pieces. Take up with a spatula, brush lightly with beaten egg and fry in butter. Sprinkle with powdered sugar and cinnamon. Serve hot.

ALMOND PIE

(*Torta de Amendoa*)

12 eggs	1½ cups almond meal
1½ cups granulated sugar	1 teaspoon cinnamon
2 tablespoons sherry	

Beat egg whites and yolks separately. Mix sugar with almond meal, which must be fine like flour, and add to egg yolks, beating continuously until well blended. Add cinnamon and sherry and fold in beaten egg whites last. Put into a round shallow pan lined with oiled paper. Cover pie with paper to prevent burning, and bake in a moderate oven (350° F.). Mixture may be put in small cups and steamed like custards.

A Portuguese would exclaim "succo de uva" upon tasting this salubrious pie. "Succo de uva" means "juice of the grape" and is the highest phrase of praise in the whole Portuguese vocabulary. Everything extra good is "succo de uva" and the expression is accompanied by an appreciative squinting up of the eyes and tight pursing of the lips. The Italian goes a little farther

than his Latin brother; in expressing gustatory delight he throws kisses to the dish and even hugs the chef. But the Oriental spoils it all by emitting an applauding burp.

CHOCOLATE PUDDING

(*Pudim de Chocolate*)

$\frac{3}{4}$ cup brown bread crumbs	3 tablespoons granulated sugar
$\frac{1}{2}$ cup port wine	2 ounces currants
2 tablespoons blanched almonds	$\frac{1}{8}$ teaspoon cloves
2 squares (1 ounce) unsweet- ened chocolate	4 egg yolks
	4 egg whites

Chocolate sauce

Soak crumbs 10 minutes in wine. Cut almonds in slivers, grate chocolate and combine with sugar, currants, cloves and well beaten egg yolks. Beat egg whites until stiff but not dry and fold into mixture. Fill a buttered mold $\frac{2}{3}$ full, cover and place on a trivet with boiling water half way up around it. Keep at this point, adding boiling water as needed, and steam 2 hours. Serve with chocolate sauce poured around it or in a sauce boat.

APPLE PUDDING

(*Pudim de Maçãs*)

8 large cooking apples	$\frac{1}{2}$ cup citron, chopped fine
$1\frac{1}{2}$ cups granulated sugar	$\frac{1}{2}$ cup blanched pistachios, shredded
$\frac{1}{2}$ cup seedless raisins	
$\frac{1}{2}$ cup seeded raisins	Juice of $\frac{1}{4}$ lemon

Core, peel and slice 5 of the apples, add sugar, and no more water than is absolutely necessary. Cook until apples are tender, then add raisins, citron, and nuts and stir well. Core, peel and cut in round thin slices the remaining apples. Sprinkle lemon juice over them and spread $\frac{1}{2}$ in the bottom of a buttered baking dish. Spread cooked apple over them, and place remaining raw

slices on top. Bake 30 minutes in moderate oven (350° F.).
Serve hot.

RICE PUDDING

(Pudim de Arroz)

½ cup butter	6 egg yolks, well beaten
3 tablespoons ground rice	½ cup granulated sugar
2½ cups thin cream, scalded	4 egg whites
Apricot jam	

Heat butter in saucepan over fire, stir in rice and add scalded cream gradually. Cook, stirring until mixture boils, then remove from fire. When cold, beat in egg yolks, sugar, and egg whites, the latter beaten to a froth, but not stiff. Pour mixture into a buttered pudding dish and bake 1 hour in a moderate oven (350° F.). When done, invert on a serving dish, spread a thick layer of apricot or any jam over top and serve with sauce.

BREAD PUDDING

(Pudim de Pão)

¾ pound stale bread	4 egg yolks
2 cups hot milk	½ cup granulated sugar
2 tablespoons butter	¼ cup currants
1 teaspoon cinnamon, cloves	¼ cup seeded raisins
and nutmeg, mixed	1 cup Madeira wine
½ teaspoon salt	Sauce

Remove bread crusts, crumble bread into a bowl, add milk and butter and let stand 20 minutes. Add spices and salt and beat to a smooth paste. Beat egg yolks to a cream with sugar and add slowly to the paste. Add currants, raisins and wine and mix thoroughly. Put into a buttered and floured pudding mold and bake 1 hour in a moderate oven (350° F.). Or mold may be placed in a kettle of boiling water, covered closely and boiled 2 hours. Serve with lemon, fruit or hard sauce.

Portuguese desserts are seldom the feature of the meal, because sweets are not craved after copious wining and dining; so a plain pudding or caramel custard is the standard sobremesa; or fruits and cheese.

MAIDEN'S KISSES

(*Beijinhos de Moca*)

2½ cups granulated sugar	3 egg yolks, well beaten
¾ cup water	1 cup grated cheese
½ cocoanut freshly grated	Flour

Cook sugar with water until it forms a firm ball in cold water. Remove from fire, add coconut and cool. Mix in beaten yolks, return to fire and stir until mixture begins to boil. Turn into a bowl and leave until following day. Mix in grated cheese and sufficient flour to make a paste. Put in buttered patty pans or small forms and bake in moderately hot oven (375° F.).

TINDER-BOXES

(*Petiscos*)

1 cup grated hard cheese	½ cup granulated sugar
1 tablespoon butter	12 egg yolks
½ cup flour	Juice of 1 lemon

Mix all ingredients thoroughly together. When they are well blended put in small oblong forms, the size and shape of tinder-boxes, from which this old reliable recipe gets its name. Bake about 10 minutes in hot oven (400° F.).

DREAMS

(*Sonhos*)

1 cup hot milk	1 cup flour
Few grains salt	4 eggs
1 tablespoon granulated sugar	Powdered sugar
Cinnamon	

Bring milk, salt and sugar to a boil. Drop in flour all at once and stir vigorously until dough is a smooth ball in pan. Remove from fire and add eggs 1 at a time, beating thoroughly after each addition. Drop mixture by dessertspoonfuls into deep hot fat, a few at a time. Take out when a rich brown, drain and sprinkle with powdered sugar and cinnamon. These puffs are served with coffee.

HEAVENLY "BACON"

(Toucinho do Ceo)

12 egg yolks	2 tablespoons caramel
3 cups granulated sugar	1 inch stick cinnamon
2 cups water	2 or 3 strips lemon rind

Beat egg yolks until thick and lemon-colored. Grease a pudding dish with sweet butter and pour in mixture. Place in steamer over hot water and cook gently until eggs are jelly-like, but firm. Remove, let cool, then cut in slices. Mix sugar, water, and caramel in saucepan, add cinnamon and lemon rind. Place over fire and boil 5 minutes. Put in egg slices, let simmer until slices are well soaked, then remove, and arrange them on a dessert plate. Remove cinnamon and lemon and pour syrup over. Serve cold.

The pet name of this popular sweet, "Toucinho do Ceo," translates literally "Bacon of Heaven," and heavenly bacon means much to a Portuguese, for it is his favorite seasoning and goes into all stews. Bacon to him symbolizes good living, the fat of the land. The Spaniards dote on this cured pig-meat, too, but, alas, it is likely to be rancid.

MONKS' HOODS

(Capuchinos)

6 egg yolks	$\frac{3}{4}$ teaspoon vanilla
6 egg whites	or $\frac{1}{2}$ teaspoon cinnamon
2 tablespoons cake flour	or 1 tablespoon rum
2 cups granulated sugar	1 teaspoon milk
$\frac{3}{4}$ cup water	1 stick unsweetened chocolate

Beat egg yolks and whites separately. Combine the two and fold in sifted flour lightly. Spread mixture in a shallow pan lined with oiled paper and bake in a moderately slow oven (350° F.) until cakes are dry and a delicate brown. Cool and cut in domino shapes. Boil sugar and water until thick, but remove before syrup threads and pour over cakes. Soak 3 hours and drain. While in syrup, cakes should puff out like monks' hoods, hence their names. Flavor syrup to taste, return to fire and boil until it threads. Beat until it thickens and cover cakes. Lay them on oiled paper. Heat to a syrup 1 teaspoon water, milk and chocolate and brush over them.

SIGHS OF A NUN

(Suspiros de Freira)

6 tablespoons butter	3 eggs
$3\frac{3}{4}$ cups granulated sugar	2 or 3 thin lemon peels
$3\frac{1}{2}$ cups hot water	Cinnamon
Cake flour	Powdered sugar

Put butter, $\frac{3}{4}$ cup of sugar and 2 cups of hot water into a saucepan and bring to a boil. Quickly stir in enough flour to hold dough together. When dough leaves sides of pan, remove from fire and beat in eggs, 1 at a time. Roll out on a slightly floured board about $\frac{1}{2}$ inch thick. Cut into small squares. Make a syrup with remaining sugar, water and lemon peel. Boil 2 or 3 minutes and cook squares a few at a time. Drain and

serve on a hot plate with cinnamon and sugar. Or flavor the cooking syrup to taste with a sweet white wine.

“Monks’ Hoods,” “Heavenly Bacon” and “Nun’s Sighs” show the playful attitude of the Portuguese toward his religion. Monks and nuns, in spite of their supposed abstemiousness, are often great gluttons. The church, indeed, has fostered both fine food and drink through the heavy indulgence in it by its earthly vicars, among whom we find as many gourmands as we do in royal families—for it takes both wealth and leisure to indulge one’s whims of appetite.

SWEET SAUCES

(*Molhos Dolces*)

CHOCOLATE SAUCE

(*Molho de Chocolate*)

$\frac{1}{2}$ cup granulated sugar	1-inch stick cinnamon, crushed
1 cup water	4 ounces unsweetened chocolate

Boil sugar, water and cinnamon 5 minutes, then set aside to cool. Melt chocolate over hot water. When cool, strain, and mix syrup slowly with melted chocolate until smooth and creamy. Keep sauce warm over hot (not boiling) water. Good with puddings or ice creams.

LEMON SAUCE

(*Molho de Limão*)

$1\frac{1}{2}$ cups water	1-inch stick cinnamon, crushed
$\frac{1}{4}$ cup lemon juice	1 tablespoon butter
1 cup sherry or Madeira	$\frac{1}{2}$ tablespoon flour
$\frac{1}{2}$ cup granulated sugar	Few gratings nutmeg

Mix water, lemon, wine, sugar and cinnamon and bring to a boil. Melt butter in a saucepan, stir in flour, strain and add slowly to hot liquid, stirring constantly. Cook 10 minutes over hot water, stirring frequently. Grate in nutmeg and serve at once.

RED WINE SAUCE

(*Molho de Vinho Tinto*)

1 cup red wine	Grated rind $\frac{1}{4}$ lemon
1 cup water	6 tablespoons granulated sugar
3 egg yolks	

Put wine, water, and lemon rind on to boil. Beat sugar with egg yolks until light-colored and creamy. Strain hot liquid and pour slowly over egg mixture, constantly stirring. Cook over hot water until sauce coats spoon.

PRUNE OR PLUM SAUCE

1 tablespoon corn starch	1 thin peeling of lemon
½ cup granulated sugar	1-inch stick cinnamon
1 cup strained juice and pulp of cooked, unsweetened prunes or plums	½ cup Grandjo or sweet white wine

Mix corn starch and sugar. Combine remaining ingredients, and bring to a boil, gradually adding cornstarch and sugar. Cook, stirring, over hot water for 10 minutes. Remove cinnamon and lemon. Serve with puddings and dumplings of all sorts.



Book Four

FRENCH

Bon Appetit!
Good Appetite!



L'ART DU BIEN MANGER

(The Art of Eating Well)

It is not by accident that France is the world center of fine food and drink, but largely because of her geographical location and direct inheritance of dishes and drinks from Roman occupation, Spanish conquest and the influence of sea-faring Portuguese along her coast. Not only these, but also Greek and Arabic contributions in the Midi, Basque sturdiness of Pyreneese dishes flaming with applejack, Flemish fashions from Flanders and the downright German cuisine of Alsace-Lorraine, where Teutonic beer and Latin wine flow together. Besides, Napoleonic conquest brought in foreign food fashions and filled Paris with Generals and diplomats who had plenty of gold to encourage the restaurateurs. War as well made thrifty fare imperative for the oppressed masses, so they were forced to making the best of giblets, dressing up lungs and tripe into toothsome delicacies, even as our poverty-stricken slave negroes turned chitterlings and possum into celestial dishes. Cheap cuts and round steaks of horse the Parisians turned into near-sirloins of beef, pig's ears they metamorphosed into silken sausages. Alley cat they substituted for wild hare with great cleverness.

By now, all of these foreign and making-the-best-of-it influences have merged, in two universal centers of epicurianism, Paris and Lyons. Lyonnaise potatoes and Parisian bœuf à la mode, along with Julienne potatoes, soup Julienne and mayonnaise are as common international fare as chop suey or spaghetti. In the matter of potatoes alone, the whole world eats

them in French style, au gratin, à la Napoleon, en robe de chambre (in their dressing gowns) or plain French fried.

Everybody eats table d'hôte or à la carte and the menu everywhere is in French, of course, and about all the French that many of us know. In the esperanto of dining we have adopted the French name for every course, from hors d'œuvres, through soup, salad, pièce de résistance and sauce all the way to dessert and liqueurs. But though French table customs and words have run round the world, this universal usage of them is comparatively recent in origin. For not more than a century and a half ago the taverns of London and ristorantes of Rome made meals more distinguished than any served up in similar caravansaries of Paris. The very beef, which as bœuf à la mode became the name of a pioneer Parisian restaurant in the Palais Royal, was adopted from old England, while the surpassing dishes au gratin which helped heavily in establishing the Parisian cuisine, were out and out Italian.

The first great restaurant of Paris was established in the Palais Royal in 1786 and called "Les Trois Frères Provençaux," after the three rustic brothers of Provence who came to town to start it. Then Carême, the father of all chefs, came along and cooked ten years for Talleyrand, who was known as "the first fork of his time." It was either Carême or Talleyrand who set the international pace of cooking thus early by importing Parmesan from Italy and sprinkling it in the soup, by fetching dry Madeira from its distant island and drinking it after the soup.

Anthony Carême indeed set the royal style of "Bien Manger" which came to flower in Napoleon's Empire. Besides being chef to Talleyrand, Carême cooked for Emperor Alexander, Lord Stewart, the English Ambassador to Vienna, Baron Rothschild, inventing and dedicating dishes to these patrons, many of which became classics and are known down to this day. Carême put the art in artichokes, lifted the humble casserole from the kitchen

to the studio and guided "La Haute Cuisine" until Savarin came along. Savarin was the fork who hoisted the hitherto muddy and dejected crayfish of his home creek at Belley in the Province of Bugey into a distinguished omelet. He dignified the whiskered crawdad by calling him a fresh water lobster fit to mingle in Newburg society. His book "Physiologie du Goût" definitely identified deglutition with the fine arts. The wisecracks of Savarin not only filled the mouths of the elegants of his day, but come down to us proverbially—Tell me what you eat, and I will tell you what you are—Cookery is an art, but to roast requires genius—To maintain that a man must not change his wine is a heresy: the palate becomes cloyed, and, after three or four glasses, it is but a deadened sensation that even the best wine provokes—a last course at dinner, wanting cheese, is like a pretty woman with only one eye.

By the middle of the nineteenth century Paris was full of provincial kitchens, Flemish, Lyonnaise, Bordelaise, Provençal—white-hatted chefs from Normandy, Toulouse, Burgundy, Lorraine, Languedoc, everywhere set up shop in the capital and served their specialties; truffled turkey and quails, matelote of eel (vulgarly called "the eel's hornpipe" from the frantic pan-dance the sea-serpent performs, shimmying and simmering in white wine and onions), confits de oie, pâté de foie gras, cassoulets, casse crout, vins de paille, sauces Robert Bearnaise, and beurre noire, styles à la cocotte, à la jardinière, Julienne, onion soup, sheep's trotters, tripe, Pharamond, crème de cassis, mousse au chocolat, marrons glacé, soufflés. Then Dumas the Elder put it all down in a thousand-page cook book, the last of his career. He was an amateur cook himself, but exotic, for he dressed his asparagus with lobster sauce.

Queen Victoria hired herself a French chef, and a French chevalier made a fortune teaching the British how to mix salad. Edward Prince of Wales came along and dined more often in

Paris than in London. Instead of complimenting a chef on his sole, H.R.H. Ed said, "This Château d'Yquem is excellent," and that the chef averred was the highest compliment a diner could pay, for the dish that accompanies a wine must subtly bring out its full flavor.

By the time Oscar Wilde arrived to end his life in Paris gorging on ortolans and writing about them, cookery had become so blame literary that a dish was dubbed "omelet homme de lettres," Author's Omelet, and Georges Vicaire published his encyclopediac "Bibliographie Gastronomique" to record the vast literature on the subject. But don't imagine that any of this was over the heads of the people who by that time were calling each other affectionately by marrowy pet names like "my little cabbage," *mon petit choux*. All Paris went to Les Halles (the vast market) at dawn to select a live fish from the tanks, eat onion soup stringy with cheese, and discuss the sapid Fromage de Monsieur Fromage, a cheese actually made by Mr. Cheese himself and so named—which is reminiscent of the famous poulet of Mère Poularde (fat pullet).

Then Picasso and Picabia came along with their modern art and cubist salads were concocted of triangles of tripe, cones of cucumber and geometrical lozenges of shrimp, just to get the artistic effect. Food went violently futurist for a while. Potage à la Paul Poiret. Choucroust Chirico. There were fantastic food fandangos, in which all seven of the arts were crammed into one dish, inventions as ridiculous as bananas baked with anchovies and served with a dash of absinthe. Paul Reboux published "Plats Nouveaux," suggesting heretical compositions of purple purées and mauve mangoes, so for a while cooking went dada.

Then came the reaction of reason, and in 1923 the Salon d'Automne of Paris officially recognized Gastronomy as the Ninth Art (moving pictures being the eighth) and voted to squelch the radical left-wing tendency and stop for all time their wicked

experiments with mixing surrealist salads of dill pickles and ice cream. Since the first gastronomic exhibit of 1923 a section of the great seasonal art show is devoted to the classical cookery of the French provinces, and the patriot takes his regional potage or garbure even more seriously than before. And that always has been serious enough, as anybody knows who has watched a French family sit down to dinner, the head of the house solemnly ladling his portion out of the immense tureen, savoring its steam, sampling its quality as though it were a rare wine. For French soup is a rigid institution without which there is no dinner. In its way, the potage is as important here as port in England or dumplings in Bavaria.

The Frenchman is informal enough at his plain morning *café au lait* with a brioche or croissant, newspaper and cigaret, but he approaches both lunch and dinner with sanctified seriousness, a rubbing of hands and tummy, crackling and tucking in of napkins, anticipatory peeping under dish covers. At table nothing must interfere with his enjoyment, the slightest interruption is resented and no visitor would presume to butt in on this devout ritual.

We must be meticulous then in approaching such a sanctified cuisine, which is not taken lightly by anybody from the most modest *midinette* who munches *pomme frites* out of the common frying pans around the ramparts, right up to those master cooks who have won their *cordons bleus*. In an article of this scope we cannot attempt to give the full cuisine, province by province, and yet we must not overlook the great classic regional dishes that have been celebrated for a century and a half by such experts as Carême, Savarin, Beauvilliers, Ude, Francatelli, Urbain-Dubois, Gouffe and Dumas, and could be had at the *Café de Paris*, Fouchon's, La Perouse, Tour de Argent, Marguery's, Prunier's, or at the old *Au Pieds de Mouton*, down by the market.

Our best guides to regional cooking are the gastronomic

maps hung on walls, displayed in art galleries and preserved in books. These give pictures of the actual foodstuffs and bottles that distinguish each of the provinces, which number about the forty-eight of our own States. From these charts we learn to distinguish the three divisions of cooking, royal, bourgeois and peasant, exorbitant, medium-priced and cheap; or still in other words, classical, family and plain folk-cooking. This last division consists of "les plats regionaux," and since the two higher classes spring from these local dishes, they are the most basically French.

In poring over the food maps we see that the province of Burgundy is perhaps most representative of the whole country, for here both food and wine are combined in a marvelous menu, the bottle being used as lavishly in cooking as in Spain itself. The rival Bordelais district produces as great wine, of course, and its sauce Bordelaise (shallots cooked in claret with butter, nutmeg, pepper and parsley) is more widely known than sauce Bourguignonne, but Burgundy has two sauces to Bordelaise's one, the second being sauce Dijonnaise (mustard of Dijon whipped up with egg yolk and butter).

A selection of Burgundian dishes with their accompanying Burgundy wines will suggest the rich possibilities of but one province:

<i>Dishes</i>	<i>Wines</i>
Oysters (now chiefly imported from Portugal).	Chablis
Hors d'œuvres, served at lunch only, and consisting of sausages, raw, smoked and cooked in white wine. Spiced and jellied ham of Persille.	Pouilly
Soups: Mushroom with cream La Porée (bacon and leeks)	

*Dishes**Wines***Burgundy Snails**

(for lunch)

Fat and juicy, first boiled in white wine with an herb bouquet, then filled with butter made tasty by chopped parsley, shallots and garlic. Then grilled and served tongue-hot. A silver snail-holder and a tiny fork with two tines comes handy in eating them.

Meursault

Fish**The Pike of Dijon**

(for dinner)

Pike fillets, larded and marinated in Burgundy brandy (Marc) and white wine, baked with mushrooms and smothered in cream sauce.

Montrachet la
Guiche (Bur-
gundy's greatest
white wine)

Suckling Pig

(for lunch)

Stuffed with garlic, sage, parsley and its own giblets. Baked and dashed with white wine just before serving.

Romanée or
Chambertin

Burgundy Cock

(for dinner)

Sautéed with onions and bacon, brandy burned over it, then stewed with mushrooms in Chambertin wine and herbs. Each piece served up on a square of fried toast.

Clos-Vougeot or
Musigny

Mushrooms, stuffed and sautéed in Mersault.

Maconnaïis

The service of a single vegetable, usually only with fresh butter, pepper and salt, is unique to France, for most other countries

consider vegetables as a mere adjunct to meat, although Italy enriches her green stuffs with cheese, Spain with an egg, and thus delicious vegetable entrees are compounded. And having mentioned entrees, it is amusing to note that the French definition of this elastic course is—the dish that immediately follows the soup. So there can be no entrees at lunch, since there is no soup, and that should simplify things.

In a cuisine as vinous as that of Burgundy quite naturally there is little appetite for sweets after a meal; and since the Burgundians have no local cheese of distinction, they use the Gruyère of neighboring Franche-Comté, which of course is nothing but Swiss cheese made in France, for here the two countries are separated only by a hair in the soup-and-food map. The Burgundians make this fine cheese into La Gougère, a savoury not unlike Welsh rarebit.

Besides strong brandies distilled from their heavy wines, the Burgundians make two liqueurs, crème de cassis and kirsch, the German schnapps, for Burgundy has been influenced by German rule, somewhat the same as her sister provinces of Alsace and Lorraine. In fact, this whole northern section shows the teutonic influence and the cooking of Strasbourg, the same as its language is overwhelmingly teutonic. Besides schnapps, Burgundy is praiseworthy for this black currant crème de cassis, which is used chiefly to sweeten apéritifs rather than drunk after dinner.

Burgundy wines, of course, have no end. They are served in good-sized globes, never half filled. The red ones are caressed and warmed in the hand and their fragrance frequently enjoyed by the nose, for which ample room is provided by the wide rim.

Besides the wines mentioned in the selection of dishes above, there are Richebourg and Bonnes Mares of the Côte de Nuits reds and the heady Cortons of the Côte de Beaune. The best re-

cent vintages are 1915, '16, '19, '20, '21, '23, '26, '28 and '29, Chablis alone having been exceptionally good in 1922.

Sparkling Burgundy, of course, never appears on a Burgundian table. It is an unnatural product manufactured out of most any old thing for export to America. So if you must drink imported bubbly water, stick to champagne.

The classic French cuisine is nearly as familiar to us as the cooking of our own Colonial mothers. We eat our canapés, our dishes of this and that, en casserole, en brochette, en papillote, and au gratin, have our meats and vegetables dressed with sauces mayonnaise, beurre noir, maître d'hôtel, Bernaise, Bercy, poulette, and vinaigrette, after our consommé, bouillon, purée, or bisque; we prepare dishes sauté, frappé, and fricassee and finish our dinners with parfaits, coupes, glacés, and mousses. The names of the mistresses of French kings are chiefly familiar to us through dishes named for "la Pompadour," "la Maintenon," and for that first winner of the "cordon bleu"—"la Du Barry."

But the recipes are usually the highly conventionalized versions carried around the world by that curious Parisian export product, the French chef, and, more often than not, they have come to us through restaurant and hotel kitchens known as "French." Alas, one finds them from Tokio, to London, to New York, to San Francisco, and back to Tokio again. The name and the semblance are there, but the spirit is sadly lacking; and this explains why the travelling gourmet avoids the hotel with the menu written in French, and takes up his abode, by preference, in one served by a good native cook, even at the sacrifice of walking down long corridors to the bath.

Much of this same stylish but dispirited cooking can be found within the ramparts of the sacred city itself, although, of course, eating can also be done magnificently in Paris. The French, themselves, complain, especially if they hail from any of the gourmandizing provinces. Could they but enjoy a so-called

morue à la crème, as originally made by its inventor, Béchamel; or the supper Mme. Du Barry offered to Louis XV, brought up through the floor on a table volante, or filets de volaille à la Bellevue as concocted by Pompadour for Louis XVI; or the sauce Vatel made just before he committed suicide because the sea fish to go with it did not arrive in time, at Chantilly, for the fête dinner of his master, Condé, author of "l'Escuyer Tranchant" (The Art of Carving)!

The Frenchman, sojourning in his capital, seeks out a regional eating place, uncorrupted by foreign influences, except when he goes, en fête, to one of the great restaurants. By the same wisdom this chapter is made up largely of regional cooking, with a minimum of internationally known dishes.

Care has been taken to give the recipes as they are used in the districts themselves. One may eat a delicious bœuf en daube à la Provençal in Brittany, or a wonderful bouillabaisse in Paris, but of course the beef dish is at its best in the land of its origin, Provence, and nowhere else does the bouillabaisse reach the perfection it attains in its home town of Marseilles. Just as pepper pot should be eaten in Philadelphia, although it may be ordered in San Francisco where the very air will likely detract from its excellence; and Boston baked beans and brown bread in New Orleans would never be anything for the visiting foreigner to write home about.

NOTE: Throughout this French section the names of provinces where the recipes originated are given in italics at the top of each recipe.

APPETIZERS

(*Hors d'Œuvres*)

Provence

ANCHOADE

8 anchovies

1-3 garlic cloves, sliced

Pepper

Olive oil

Wine vinegar

1 loaf stale bread

Soak anchovies a few minutes in cold water, clean, and remove fillets. Put them in a bowl or mortar and mash with the garlic. Add an inch-cube of the bread, crumbled, and mash all together, add pepper and a little oil and work into a smooth paste. Season to taste with a few drops of vinegar. Cut bread in small squares, spread with the paste, and put under the grill.

This anchoade is known as Lou Pan bagna, when the bread is first "bathed" in olive oil.

In Provence, when the characteristic aroma of anchoade floats out from the kitchen, the neighbors remark that some gastronome or other is surely going to enjoy his lunch. Anchoade, like its first cousins, the Neapolitan pissaladeira and le pain daussé (see recipes), is eaten either as an appetizer or a whole meal, and of course accompanied by zestful dry wine. These, because of their antiquity and continued popularity, would seem to be the original canapés, first enjoyed by gastronomes while the barbarous tribes of northern Europe were still snatching their half-raw food out of the ashes of camp-fires.

The Scandinavians and Russians seized upon this canapé, adding to it their own tongue-teasing smoked and pickled fish,

milt, roe and caviar, then handed it back to the French who standardized it among the hors d'œuvres. But finally it came to perfection in these United States, when the need was felt for some provocative tidbit to accompany our invention, the cocktail. Today, indeed, the best canapés in Paris are to be found in Russian and Scandinavian restaurants and bars catering to the American taste and purse.

As with entrees, the originality of the chef is displayed in concocting hors d'œuvres, and in the swanky restaurants of Paris, Lyons or Nice sometimes thirty or forty appetite-openers are passed in separate dishes, and no two of them alike. They range from chitterlings and anchovies to tiny portions of melon and salted tarts of chicken blood. The best butters of each Province are served as hors d'œuvres, often in a garnished block weighing from ten to fifty pounds. Other standbys are mussels, sardines, anchovies, oursins, cockles, pickled cock's combs, roe, tunny, olives all colors, radishes, salads of everything, hard-boiled eggs, sausages all sorts, hams cooked and raw, pickled mushrooms, peppers, artichokes, smoked meats, blood puddings, brains, sweet-breads, cucumbers, shrimps, galantines, oysters, tongue, onions, panisses, little pâtés of liver and almost anything else, the raw sausage of Arles, pain Daussé, rillettes and rillons of pork, onions, game patties, fried in pig's blood, tapenade, terrines, prunes in vinegar, saveloys, celery and celeriac, in fact, anything and everything tasty, but chiefly local salads, sausages, pickles and garnishings, in fact, a ten-course dinner in miniature, generously descriptive of the great dishes to follow it.

Picardy

LE PAIN DAUSEE, OR THE DAUSSADE

Cut a loaf of hearth bread lengthwise in thick slices. Spread with sweet butter. Crush sliced onions and lettuce leaves to-

gether with rock salt in cream and a little vinegar. Pour this, juice and all, over the buttered bread, spread evenly, cut in finger slices and serve.

In Picardy this hors d'œuvres en gross is often the whole meal of the peasant, himself as open-faced as the farm-bread sandwich of his invention. Or it makes a stimulating appetizer to a Picardian feast of tripe soup, leek pie, stuffed boned duck of Amiens, all washed down with copious draughts of the cider of Thièrache.

Provence

NEW YEAR'S EVE TIDBITS

(Bonne-Bouche d'une Bonne Année)

Line boat-shaped patty tins with puff paste, rolled thin, letting paste hang over one side for a cover. Lay in each a filleted anchovy and fold paste over it. Bake in medium hot oven and serve hot. If tins of the required shape are not at hand, the paste-enveloped anchovies can be neatly formed with the hands and laid on a buttered baking sheet.

This is a traditional accompaniment of midnight refreshments on New Year's Eve in Provence.

SOUPS

(*Soupes*)

There is such a sea of soups in France that ten classifications are needed to distinguish them. These are as follows, in the order of the number of soups belonging to each type: soupe, potage, potée, purée, garbure, bisque, bouillon, bouillie, consommé and pot-au-feu.

A dozen individual soups besides have earned distinguished names of their very own and do not belong to any of the above groups: bouillabaisse, une chiffonnade, une Bretonne, une Julienne, croûte-au-pot, la bouillade, l'ouillade, le tourain Bordelais, etc. Croûte-au-pot is the standard crust soup, bouillabaisse the celebrated fish chowder, of which la bouillade is a regional variant. The Bretonne is bean soup and Julienne and chiffonnade are as like as two pea-soups, both swimming with shredded vegetables, but the Julienne a thick purée and the chiffonnade a thin broth.

Of the ordinary soups, one is named after nearly every Province, those of Gascony, Limousine, Nivernaise, Normandy and Auvergne being of outstanding excellence. Others in this classification are called after their chief ingredients, garlic, rice, mutton, giblets, bacon, tripe, eels, birds, beer, wine, game, shad, pumpkin, pig's head, corn, water-cress, hops, frogs, ravens, crabs, cherries, mushrooms, chestnuts, onions, pears, peas, mussels, and so on, without end.

Likewise the potages are named in honor of their regions of origin, potage à la Picarde (leeks and potatoes), le potage Alsa-

cien (eggs, flour and broth), potage Dauphinoise (vegetable purée with calf's hocks, whipped cream and toast). Others are made with chicken, fish-dumplings, lentils, cabbage-dumplings and carrots. Their names alone would fill a chef's handbook: potage en tortue (mock turtle soup), potage à la Soubise (onion soup), à la reine (chicken), à la printanière (spring greens), à la Parmentier (potatoes), à la Française, à la bataille, à la crème d'orge, etc. Potage à la Cambacérès is rather special, being a pheasant soup named after the Duke of Parma, who always drank a bottle of champagne with it. Potage à la parisienne is similar to this, though made of turkey, and the champagne put right into the tureen.

But of them all, the most elaborate is potage à la patrie. This patriotic soup contains a little of everything and would be difficult to prepare outside the well-stocked markets of Paris. 1 hen, 2 pigeons, an ox-palate, 2 sweetbreads, liver dumplings, hops in bud, viper's grass or borage, asparagus, green peas, baby carrots, sponge dumplings, seeded dumplings, cauliflower, butter and crawfish tails.

Ile-de-France

ONION SOUP

(Soupe à l'Oignon)

$\frac{1}{4}$ cup butter	Salt and pepper
4 onions, sliced thin	French bread
1 quart meat broth or stock	1 cup grated Parmesan cheese

Melt butter in pan and add onions; simmer slowly until golden. Add broth, season and simmer. Slice the small end of a French loaf very thin; dry slices crisp in the oven. (The French use an attenuated thin crusty loaf called a flûte.) Pour soup into a casserole, float bread on top so as to nearly cover. Sprinkle cheese over bread; set in oven and brown. Bring casserole at once to the table, and serve in hot soup plates.

Americans once resident in France are ever afterward attacked by a returning longing for this peasant soup, which is always served with ceremony in the finest restaurants. It is a specialty of the market eating places around Les Halles in Paris, where vendors of carrots and cabbages rub elbows in the early dawn with jewelled and opera-cloaked all-night revellers, over hearty helpings of a dish which is equally good for putting one to bed happy, or fortifying for a day of hard labor.

Ile-de-France

SOUPE JULIENNE DE ST. MAUR

1 onion, halved and sliced	1 cup cooked rice
2 small carrots, cut julienne	½ cup shredded lettuce
2 celery stalks, cut julienne	½ cup shredded sorrel
½ small cabbage, chopped	(or 2 tablespoons lemon juice)
2 tablespoons butter	
1½ quarts well-seasoned stock	2 egg yolks, beaten

Simmer onion, carrot, celery, cabbage, butter, stock and rice ¾ hour. Add lettuce and sorrel and simmer 5 minutes. Remove from fire and add egg yolks. The recipe for this celebrated international soup originated in Paris.

Nivernais

SOUP NIVERNAIS

(*Soupe à la Nivernaise*)

¼ cup minced carrots	Salt and pepper
¼ cup minced young turnips	¼ cup sliced lettuce and sorrel,
4 tablespoons butter	mixed
⅛ pound bacon, diced	8 small Brussels sprouts, cooked
1½ quart meat broth (beef or mutton)	¼ pound beef marrow, sliced
	Rounds of bread

Fry carrots and turnips in half the butter, but do not brown. Add bacon and broth, salt and pepper, and gently cook until

reduced to 1 quart. Quickly brown lettuce and sorrel in rest of butter, and add with the Brussels sprouts. Cook 5 minutes. Skim off superfluous butter. Drop marrow slices in boiling salted water and blanch. Have ready the rounds of bread dried in the oven. Take up marrow with a skimmer and lay on the bread. Take soup up in a tureen and lay bread on top of it.

THE SOUP WITHOUT AN EQUAL

(Potage à la Nonpareille)

1 stalk celery, diced	½ cauliflower
3 small carrots, diced	1 cup green peas
½ bunch asparagus, diced	Salt and pepper
Meat broth	Toasted bread, diced

Cook celery, carrots and asparagus in the meat broth. Cook cauliflower separately in salted water, dice and add. Fifteen minutes before the soup is ready add the green peas. When they are tender, season, garnish with diced toast and serve.

PEASANT SOUP

(Potage Paysanne)

1 onion, sliced	Herb bouquet
1 carrot, sliced	Salt and pepper
1 young turnip, sliced	1 teaspoon granulated sugar
½ small cabbage, sliced	1½ quarts chicken or beef broth
2 tablespoons butter	1 tablespoon minced parsley

Put all ingredients except parsley in a casserole, cover, set in a moderate oven (350° F.) and simmer until vegetables are very tender. Sprinkle over with parsley and bring casserole to the table.

Nice

WHITEBAIT SOUP AS MADE AT NICE

(Soupe de Poutine à la Niçoise)

1 onion, sliced	3 tablespoons butter or oil
1 leek, cut julienne	¼ pound whitebait
2 carrots, cut julienne	Salt and pepper
1 bunch celery, cut julienne	1 teaspoon saffron
1 garlic clove, minced	

Fry vegetables slowly in oil without browning, until tender. Thoroughly wash and drain whitebait. Put vegetables and fish in 1¼ quarts of water, season with salt and pepper, and cook 15 minutes. Blend saffron with a little water and add.

Provence

CRAB SOUP

(Soupe aux Crabes)

1 leek, minced	1 sprig fennel
½ garlic clove, minced	1 sprig celery
1 tablespoon olive oil	½ bay leaf
1 tomato, chopped	Salt and pepper
1¼ quarts water	1 teaspoon saffron
1 dozen crabs	¼ pound vermicelli

Fry leek and garlic in oil without browning. Add tomato and fry. Add water and bring to a boil; add crabs, herbs, and seasonings, and cook 20 minutes. Take out crabs, crack claws and remove meats; discard intestines. Pound the rest and put back in soup; boil up for 5 minutes, stir well, strain and press through a sieve. Heat liquid again to boiling, add meat from claws, saffron, and vermicelli. Boil 8 minutes.

This is really a bisque, or soup in which the meat ingredient is pressed through a sieve and becomes one of the thickening elements. Often bisques are made with one of the thick sauces, Bechamel or velouté; or the base is bound with flour and milk

is added. But true to the spirit of the South, and neighboring Italy, the Provençal soupe aux crabes takes on its starch by the addition of a paste, vermicelli.

Ile-de-France

THICK SOUP OF CRECY CARROTS

(*Purée Crécy*)

White Stock

6 slices bacon
1 onion, chopped
1 knuckle veal, broken
2 sprigs celery leaves
2 sprigs parsley
1 leek
1 sprig thyme
2 cloves
6 peppercorns

Purée

4 carrots, chopped
1 onion, chopped
 $\frac{1}{4}$ cup uncooked rice
 $1\frac{1}{2}$ quarts white stock
Salt
1 tablespoon butter
Croutons

Lay bacon in frying pan over low flame; as soon as fat runs add onion; slowly fry to light golden color. Place in deep pot; add all other stock ingredients; cover with $2\frac{1}{2}$ quarts cold water, bring slowly to a boil, and simmer 3-4 hours, removing all skum that rises. Remove bones. Strain through cloth. This stock is greatly improved if poultry trimmings, or the carcass of a chicken is included. To make purée Crécy, select carrots of a deep orange color; chop, and add, with onion and rice, to $1\frac{1}{2}$ quarts white stock; simmer 40 minutes. Season, press through a fine sieve, put back on fire, add butter, and simmer until well blended. Serve poured over small croutons.

This is a popular Parisian soup originating in the Crécy district, just outside of Paris and well-known for its vegetable gardens. The carrots of Crécy are especially esteemed in the capital city, which is so devoted to carrots that it can distinguish a Crécy carrot from any other with its eyes shut.

Brittany

BRITTANY CRUST SOUP

(Croûte Bretonne)

2 pounds shin of beef	1 herb bouquet
3 pounds beef bones	Salt and pepper
1 carrot	$\frac{1}{8}$ teaspoon nutmeg
1 young turnip	6 tablespoons grated Parmesan
1 parsnip	cheese
1 onion	Rounds toasted bread

Cover beef, bones, vegetables, and bouquet with 2 quarts cold water, bring slowly to boil, add 1 teaspoon salt and skim. Simmer 3 hours, adding salt and pepper the last hour. Strain and reheat. Mince vegetables fine, mix with nutmeg and cheese, and arrange on the rounds of toast; lay in buttered baking pan and brown in the oven. Serve on a hot platter to be eaten while partaking of the hot broth. If Parmesan is not at hand use hard, dry cheese, since soft "store" cheese would ruin such a fine soup. Parmesan, it will be remembered, is Italy's great gift, not only to French cooking, but to that of the whole world.

The French cook, as well as the Spanish, has a way with the "bouilli," or beef left from soup or "pot-au-feu," and dresses it in tasty ways which make up for its loss of flavor. The meat left from this soup turns up on the family table next day "au gratin," "sur le gril," or "frites" (see recipes).

CRAYFISH BISQUE

(Bisque aux Ecrevisses)

3 tablespoons butter	2 cloves
2 onions, minced	1 bay leaf
1 leek, minced	2 dozen crayfish
1 carrot, minced	1 pint white wine
1 bit celery root, minced	4 parsley sprigs
2 quarts veal or chicken broth	3 tablespoons dried bread crumbs
2 egg yolks, beaten	

Heat butter and slowly fry onions, leek, carrot and celery root 10 minutes, cool slightly and add broth. Boil 20 minutes; add cloves and bay leaf, and reduce heat. Meanwhile drop crayfish in boiling water mixed with wine, add parsley and cook 15 minutes. Drain, saving liquid; crack shells, remove meat from shells and claws, discarding intestines. Save out a few of the largest bits of the tails. Grind all other portions of meat, including the shells, fine, with the crumbs, and add to boiling broth. Boil 35 minutes. Strain and press through a sieve. Quickly reduce liquid in which crayfish were cooked and add. Add tails; season; remove from fire, let stand a moment, and add egg yolks, being careful that boiling has ceased, so yolks will not curdle.

LOBSTER BISQUE
(*Bisque aux Homard*)

Follow recipe for Bisque aux Ecrevisses, substituting a small lobster for the crayfish.

SHRIMP BISQUE
(*Bisque aux Crevettes*)

Follow recipe for Bisque aux Ecrevisses, substituting an equal quantity of shrimps; shells and heads of shrimps being ground the same as the crayfish.

BISQUE OF POULTRY OR BIRDS
(*Bisque aux Volaille*)

Follow recipe for Bisque aux Ecrevisses, substituting flesh of poultry or birds. There will be nothing to take the place of shells for color and flavor, so a larger bulk of meat must be used.

Provence

BOUILLABAISSE

Bouillabaisse is but an aigo-sau (see recipe) enriched with a small lobster, crayfish or crabs, and perhaps an eel, and a cup of white wine added to the boiling liquid. It is colored with saffron to taste.

The dish should be made for 8 persons, or more, since the greater the variety of hard- and soft-fleshed fish, the better the flavor.

Bouillabaisse (or *boui-abaisso*, in the Provençal dialect) means to "boil up and stop," and the secret of the preparation lies in a hot fire and rapid cooking. The water, mixed with wine, must be boiling fast; the hard fish—lobster, crabs, eel, ray, and such gamey fish as bass, sea trout, and salmon—must be thrown in first and rapidly boiled for 5 minutes. Then the tender fish—such as cod, rock fish, snappers, etc.—are added and cooked but another 5 minutes. This leaves all fish slices shapely. Boiling ceases and the pot is kept hot while lobster is taken out, the meat extracted, and claws cracked, meat being returned to pot. The cracked claws are used to garnish the platter of fish, along with the whole crabs.

Fish and broth are both served like aigo-sau.

CONSOMME

For 3 quarts:

3 pounds shin beef	6 carrots, sliced
3 pounds veal knuckle	1 young turnip, sliced
3 tablespoons butter	3 cloves
1 pound marrow bone	4 onions, sliced
2 tablespoons salt	2 celery stalks, sliced
1 tablespoon peppercorns	Herb bouquet
1 egg white and shell	

Cut beef and veal in cubes. Brown beef with butter in a hot kettle. Cool, add 3 quarts of cold water, the marrow-bone

and veal. Heat slowly to the boiling point, then simmer for 5 hours, replenishing with boiling water. 6 quarts should be used, in all. Remove scum from the broth as it gathers at the sides. After cooking for 3 hours, add salt, peppercorns, carrots, turnip, cloves, onions, celery and bouquet. Continue simmering for 3 hours, then strain through cloth. When cool remove fat. Add egg white and shell, bring to boiling point slowly, then strain again.

Serve hot as a clear soup; or chilled and jellied (no gelatine necessary); or use as a basis for any of the following special consommés such as: consommé à l'Andalouse, à la Bagration, à la Beauvilliers, à la Barigoule, à la Bouerdaloue, à la Carême, à la chatelaine, à la Colbert, à la duchesse, à l'épiqueure, à la Monte Carlo, à la royal, à la St. Xavier; or consommé Andalousienne, Julienne, au quenelles, and de volaille, a whole index of consommés, down through the alphabet, comprising nearly a hundred in all. For consommé is one of the devices of the conventionalized French cuisine, and the standby of the restaurant chef, who adds a little of this vegetable or that garnishing to satisfy the requirements of a long list of soups served "à la carte." One of them tastes not unlike another.

Of these, consommé chevalier and consommé Talleyrand are typical and illustrate the method of all special consommés.

CONSOMME CHEVALIER

Add to boiling consommé small chicken dumplings; and chicken breast and smoked beef tongue, cut julienne.

CONSOMME TALLEYRAND

Put 4 grated truffles in soup tureen; add $\frac{1}{2}$ cup very dry sherry, and 1 pinch cayenne. Cover and let stand 1 hour. Then pour over 3 pints hot consommé, in which has been boiled 2 tablespoons tapioca.

CONSOMME A LA MONTE CARLO

This gay gambler's broth is dedicated to the game rooms of the great roulette Casino at Monte Carlo.

Cut spades and clubs out of cooked truffles, hearts and diamonds out of cooked beets. Make dominoes of flat oblongs of forcemeat numbered with dots of truffles, and different-colored roulette chips out of pipe macaroni stuffed with cooked peppers, tomatoes, carrots, any vegetables in contrasting colors cut in poker-chip rings. With these, garnish clear consommé.

Gascony

GASCONY GARBURE

(*La Garbure Gasconne*)

1 small cabbage quartered	Herb bouquet
¼ cup goose fat	1 thick slice salt pork
1 bunch green onions	3 thin slices bread
2 turnips, diced	2 tablespoons grated cheese
2 potatoes, diced	(optional)
1½ quarts boiling water	Smoked sausages or uncooked
Salt and pepper	ham slice or confite d'oie

Blanch cabbage. Heat goose fat and fry green onions slowly. Add turnips, potatoes and a little of the cabbage chopped; fry until vegetables color slightly. Cover with boiling water, add seasonings, cabbage and salt pork and simmer until pork is done. Dry the bread until crisp and place in the bottom of a casserole. Place a layer of cabbage on top, then strips of salt pork and drained vegetables until all are used. Discard herb bouquet. Pour broth over top, sprinkle with cheese and brown lightly in oven. If smoked sausages or ham are used they should be added with the salt pork. Confite d'oie should be added only when garbure is being arranged in casserole.

This is one of those inimitable Latin dishes which, although classed with soups, must be eaten with knife, fork, and spoon. If haricot beans, carrots, leeks, garlic, and some green pepper are included, with confite d'oie, it becomes garbure Daquoise as served in the Dax region just north of Bayonne.

FISH

(*Poisson*)

Normandy

SOLE NORMANDE

8 shrimp	Salt and pepper
Boiled cray fish	$\frac{1}{4}$ pound of butter
18 mussels	$\frac{1}{2}$ cup cider
1 $\frac{1}{2}$ pounds fillet of sole or flounder	6 mushrooms
1 onion, sliced	8 oysters
1 herb bouquet	2 egg yolks, beaten
Juice of 1 lemon	Fried smelts
	Rounds of toast

Thoroughly wash shrimp and cray fish. Soak and scrub mussels. Combine bones and head of fish with onion, bouquet and lemon juice, cover with water and cook. Strain, discard head and bones and save liquor. Bring to a boil with seasonings, shrimp and cray fish and cook 20 minutes. Drain and save liquor. Shell shrimp and remove black vein. Put mussels in a pan with $\frac{1}{2}$ cup of this liquor and steam until they open. Shell and strain liquor. Season fillets and fold; lay in a buttered sauce pan, dot with butter, add cider, 6 shrimp and the mushrooms and mussels. Cook 6 minutes, baste, add oysters and cook until they crinkle. To make sauce mix oyster, shrimp and cray fish, and mussel and reduce. Add broth from fish pan. There should be 2 cups in all. Add remaining shrimp, chopped, season to taste, bring to a boil, remove from fire and add egg yolks. Stir over hot water until sauce thickens. Place fish on a hot platter, decorate with mushrooms and remaining ingredi-

ents. Serve very hot. The mussels may be omitted in which case double the number of oysters.

This dish, in spite of its seeming complications, is quickly prepared. It is a variation of the *matelote*, and is served Norman style wherever fresh seafood is obtainable in France, but with the Normandy cider giving way to white wine in the wine districts, and garnishings varying according to resources of local markets. The Normandy "*matelote*" is a simplified stew consisting of flat fish (brill or turbot) cooked in cider with mussels, onion, and herbs, and served in its own gravy, garnished with shrimps (see recipe).

Ile-de-France

FILET DE SOLE MARGUERY

Salt and pepper	¼ cup butter
4 fillets of sole	1 cup white sauce
(substitute flounder)	2 egg yolks, beaten
½ cup white wine	8 poached mussels, or oysters
4 large mushroom caps	½ cup bread crumbs

Salt and pepper fish, lay in buttered baking dish and add wine. Place a mushroom top, with stem cut off, upside down on each fillet, fill with butter and season. Cover and bake 6-8 minutes. Then pour the liquid in the baking dish into a small saucepan, add white sauce and boil up. Remove from fire, add egg yolks. Lay mussels on fillets, strain sauce over, sprinkle with crumbs and brown in hot oven (400° F.).

Sole Marguery has fetched thousands of international gastronomes to the doors of the old Marguery Restaurant in Paris, where it was invented and named.

Normandy

NORMANDY MATELOTE

(Matelote Normande)

2 pound fluke or flounder	Salt and pepper
2 dozen mussels	1 tablespoon minced parsley
1 dozen shrimp	1 cup cider
2 onions, blanched	2 tablespoons butter
	1 tablespoon flour

Have fish cleaned and skinned. Wash mussels and shrimp. Steam mussels until shells open. Remove meat and strain and save liquor. Drop shrimp in boiling salted water, and cook 20 minutes. Cool and shell, removing black vein. Chop onions and scatter half in bottom of buttered heat-proof dish. Lay fish on remaining onion, salt and pepper, and some parsley. Encircle with mussels, pour in cider, some of mussel and shrimp liquor, cover and bake, basting frequently. Thicken sauce with bits of butter kneaded with flour. Decorate with shrimp or put them in the sauce. Sprinkle with parsley and serve.

This dish, being "sailor style" is subject to variations, additional ingredients being oysters, fried smelts, and mushrooms, and beaten egg yolk is used at the end for thickening instead of flour. Along the northern coast of France bream or turbot, both being flat fish, are preferred for a matelote, although other fish serve, and sometimes a mixture of several varieties, sliced or cut up. Then the fish is piled in the center of a deep platter and sent to the table swimming in some of its sauce, with heaps of the sea foods arranged around it. Cider is the Norman touch, matelote of fish being made in other regions with wine.

Champagne

MATELOTE OF FRESH WATER FISH

(Matelote Champagnoise)

- | | |
|----------------------------------|-------------------------------|
| 3 pounds fish comprising fresh | 1 bit mace |
| water eel, sunfish, pike or | 1 bay leaf |
| pickerel, whitefish, trout, etc. | 1 sprig tarragon (optional) |
| $\frac{1}{4}$ cup butter | 1 teaspoon minced parsley |
| 4 shallots, sliced | Salt and pepper |
| 1 garlic clove, minced | 1 pint champagne |
| 2 cloves | $\frac{1}{2}$ cup good brandy |

Puff croutons

Heat butter, add slices of fish, shallots, spices, garlic, herbs and seasonings and simmer in the butter, turning the fish so it heats on all sides. Cool somewhat and add champagne. Cover closely and simmer 15-20 minutes, basting from time to time. Carefully take up fish and arrange in an attractive heap on a platter. Heat brandy and pour over; flare the brandy. If it does not light easily, start it with $\frac{1}{2}$ teaspoon of sugar with a little brandy poured over; apply match and float burning liquid from spoon into that in the platter. Strain liquid from pan over the fish, and serve with puff croutons.

Provence

AIGO-SAU

- | | |
|-------------------------------------|-------------------------|
| $1\frac{1}{2}$ pounds assorted fish | 3 sprigs parsley |
| Salt and pepper | 3 celery sprigs |
| 3 tablespoons olive oil | Thin slices dry bread |
| 2 large potatoes, thinly sliced | |
| 1 onion, chopped | <i>Rouille Sauce</i> |
| 1 tomato, chopped | 2 garlic cloves |
| 1 garlic clove, crushed | 2 red pimentos |
| 1 bay leaf | 1 thin slice bread |
| 1 blade fennel | 2 tablespoons olive oil |
| 1 strip orange peel | |

Season fish with salt and pepper, pour on oil, mix well and let stand 15 minutes. Mix with all other ingredients except bread. Cover with boiling water and cook quickly, keeping fish as whole as possible. Arrange bread in bottom of a dish and pour in broth. Put solid portions of fish and potatoes on next. Discard bay leaf and herb sprigs. Make Rouille sauce—grind garlic, pimento and bread and blend in olive oil; add cup of the fish broth. Serve in a sauce boat, to be sprinkled over fish and potatoes.

Aigo-Sau, like its first cousin, the Bouillabaisse, is subject to infinite variations, saffron as well as tomato often lending it color. The sauce, undoubtedly at one time imported from Spain, is reminiscent of the gaspacho of Andalusia. It is *energique au parfum* and may be an accompaniment of nearly any of the Provençal dishes.

Flanders

FLEMISH MACKEREL

(Maquereau à la Flamande)

1 medium-sized mackerel	1 teaspoon minced parsley
Salt and pepper	$\frac{1}{4}$ cup butter
1 small onion, minced	Juice 1 lemon
4 shallots, minced	1 lemon, quartered

Make sure the fish is very fresh, since mackerel deteriorates rapidly. Have fish cleaned, gills and tail removed; but leave on head, wrapping it with twine and securing it close to the body to retain stuffing. Salt and pepper it inside and out. Mix onion, shallots, and parsley in a mass with butter, and lay inside the fish. Sew up opening, or close with toothpicks or small skewers. Place fish in a dish, pour over it the lemon juice and let stand 20 minutes, turning it over to flavor evenly. Drain and dry. Lay fish on an ample piece of well oiled paper; enfold, doubling

the edges of paper together two or three times. Turn in and double the ends over head and tail, to make a waterproof bag. Lay under a slow grill; the paper must not burn and release the juices. Grill on one side and then on the other. Lay all on a hot platter, open paper, letting juices run over the fish while removing. Take off twine and remove fastenings from the opening. Serve with lemon. The cooking time will vary from $\frac{1}{2}$ to $\frac{3}{4}$ of an hour, depending on size of fish.

Nice

BAKED FISH NICOISE

3-pound sea bass or other firm-fleshed fish	Salt and pepper 3 tomatoes, chopped
$\frac{1}{2}$ garlic clove	1 tablespoon minced parsley
	$\frac{1}{4}$ cup butter

Wash and dry fish, rub with garlic, and then with salt and pepper, inside and out. Lay in buttered baking dish. Arrange peeled and chopped tomatoes on top so as to cover. Dot with parsley and butter, and bake 20-25 minutes.

Flanders

HERRING SALAD TRAWLER STYLE

(*Salad de Filets de Harengs à la Chalutière*)

3 smoked herring	2 gherkins, minced
Milk	Vinegar
1 teaspoon French mustard	Pepper
3 tablespoons olive oil	Freshly cooked beets
	Chopped shallots

Marinate the herring in milk until plump. Fillet them, and shred the fillets coarsely. Mash the roe or milt; mix with mustard, oil, gherkins, vinegar, and pepper to taste. Beat together and pour over the herring, stirring until well mixed. Pile

in the center of a plate and decorate with hot cooked beets, sprinkled with shallots. Serve as an appetizer. A hot potato salad may take the place of the beets.

The provinces of Flanders and Artois (with the English channel ports of Boulogne, Calais and Dunkerque) mark the extreme North by pushing right into Belgium. With these two foreign influences, British and Belgian, we find this border-cooking exhibiting tastes quite un-French. The herring salad above illustrates this well, with its liberal dose of mustard à l'Angleterre and the sugar beets of Belgium. The gherkins also bring in the teutonic influence of Holland and Germany, which has made the neighboring territory of Alsace-Lorraine debated ground for so long.

Beer takes the place of wine in the cooking of Flanders. Beer soup is just her dish, or eels simmered in the light Northern malt; Flemish red cabbage too, boiled in beer. Instead of cognac the drink is gin of Wambrechies, often mixed with coffee, and sometimes Montruil hard sparkling cider added to both.

The mainstay of the whole section is hochepot, a hot pot into which everything goes, from sheep's trotters to pig's ears, cabbage and parsnips, of course, and never forgetting the leeks. Sauce Flamande is the standard dressing, made of cabbages, turnips, carrots, lettuce, sugar, salt and pepper boiled all together in meat broth. Garniture Flamande is small onions glazed, lettuce braised, carrots sauté and mashed potatoes. A curious cross-breed, again showing a cross of English with the French is "rosbif de mouton," as though there could be such a thing as roast beef of mutton. Beef is almost British in popularity here, although beef tongue is purely Latin, being cured with honey and herbs at Valenciennes. Other specialties are spiced Flemish goose, cookies flavored with aniseed (and here even an old

Spanish custom enters) and Flamiche Flamande, an open-face cheese sandwich, Maroille cheese on flat Flemish buns.

Languedoc

CODFISH BRANDADE

(Morue en Brandade)

$\frac{3}{4}$ pound salt cod	Cream
1 cup olive oil	Juice 1 lemon
1 shallot, minced	Salt and pepper
1 garlic clove, minced	Nutmeg

Rounds of bread

Choose a cut from a fine, thick fish, not too dry. Soak fish 24 hours in plenty of water, changing several times. Put in a saucepan with plenty of cold water, bring quickly to a boil, then simmer 15 minutes. Remove fish with a skimmer and drain. Remove bones, but leave skin, and cut in small pieces. Heat 1 tablespoon olive oil, add shallot and garlic, and slowly fry without browning. Add fish and heat without frying. Grind as fine as possible, put in a warmed bowl and work with a wooden spoon, adding warmed oil, a drop at a time at first, and then little by little, until half the oil is absorbed and a smooth paste is formed. Then alternate additions of the rest of the oil with teaspoons of warmed cream. Blend in lemon juice and seasonings. Heat over hot water or steam. Have ready rounds of bread fried in oil or butter. Lay them on a very hot dish, and pile up the Brandade on top of them, like mashed potatoes.

This is a dish of great delicacy, and is worthy of the garnishings which often adorn it. It may be sprinkled with chopped truffles, and may be surrounded by oyster, or shrimp, or crayfish patties. It reappears in Italy "bacalà Montebianco."

Provence

STINGAREE OR RAY FISH WITH CAPERS

(Raie aux Câpres)

2 pounds ray	½ cup claret
2 small onions, halved	Salt
½ clove	Pepper
1 sprig parsley	1 small piece ray liver
½ bay leaf	1½ cups white sauce
3 tablespoons capers	

Wash ray well in plenty of water. Put in a saucepan with onions, clove, parsley, and bay leaf.

Pour in the claret and add enough cold water to cover. Season with salt and pepper. Bring to a boil and cook 5 minutes; add the liver and cook slowly for 15 minutes.

Drain the fish thoroughly, remove skin, and serve covered with white sauce mixed with capers.

Provence

SARTAGNADE

½ pound white bait	Salt and pepper
3 tablespoons butter	⅔ tablespoon vinegar

Wash fish well, pick over, drain, and dry thoroughly in a towel. Season. Melt butter in frying pan until nearly smoking. Add fish and fry, pushing them together at the side of the pan as they cook, so they will stick together but not stick to bottom of pan. When they hold together and are browned on the bottom lay a plate over them and turn pan upside down, leaving the fish in the plate. Slide fish off the plate into the pan again and brown other side. A thick pancake should have been formed which is crisp on the outside and succulent within. Heat vinegar and sprinkle over at the very last minute.

A sartan in the Provençal dialect is a poele, or frying pan; and a sartagnade might be anything fried, but long usage has restricted the meaning of sartagnade to this one dish.

Bordelais

CRAWFISH BORDEAUX STYLE

(Ecrevisses à la Bordelaise)

1 onion, minced	½ garlic clove
1 carrot, minced	¼ cup fish bouillon
2 shallots, minced	or oyster liquor or water
¼ cup butter, melted	1 dozen large crawfish
½ cup white Bordeaux wine	3 tablespoons good brandy
1 herb bouquet	Salt and cayenne
½ teaspoon minced parsley	

Heat onion, carrot, and shallots in 3 tablespoons melted butter, stirring, and not allowing them to color. Add wine, bouquet, garlic, and 2 tablespoons bouillon. Cover and simmer. Wash the crawfish well and dry in a napkin. Wet with the brandy and flare. (This is optional.) Add to the simmering mixture last 2 tablespoons bouillon, salt and cayenne; cover and simmer, stirring once or twice. Take out bouquet and garlic, add butter and serve sprinkled with parsley. The little sauce that is left should cling nicely to the crawfish.

Brittany

LOBSTER MORLAISIENNE

(Homard à la Morlaisienne)

1 medium-sized lobster	¼ teaspoon tarragon, minced
¼ cup butter	Salt and pepper
¼ cup good applejack	1 tablespoon flour
3 shallots, minced	1 cup cream
½ teaspoon chevril, minced	
(or parsley)	

Cut lobster in pieces, removing stony pouch and intestines. Crack claws. Heat 3 tablespoons butter and quickly brown lobster portions. Lay on a dish, pour brandy over and flare. Lay in a saucepan with herbs and seasonings, and the butter from frying. Add any liquid from lobster (and 2-3 tablespoons hot

water if liquid is insufficient). Cover closely and simmer, turning the pieces from time to time until tender. Take up and keep hot. Add flour mixed with remaining melted butter, and then the cream. Boil 5 minutes, strain, and serve in a boat.

Along the Brittany coast plain boiled lobster is the preferred dish. It is served with coarse salt, and the fine Brittany cider is drunk with it.

SCALLOPS

(Coquilles St. Jacques)

Take the scallops out of the shell, roll them in bread crumbs, then put them back in cleaned shell with the liquor and a little garlic-butter (i.e. rub a bowl well with garlic; then place butter in bowl, cover, and let stand until flavored); add a small piece of bacon to each scallop, bake about 10 minutes and serve with mayonnaise.

In the district of Boulogne-sur-Mer scallops are minced, mixed with minced mushrooms and simmered a moment in butter, seasoned, returned to the shell, garnished with crayfish tails, sprinkled with crumbs, melted butter and grated cheese, and browned in the oven; or, minced, mixed with minced oysters or mussels, and with minced mushrooms, parsley, and chives, heated in the liquid from the scallop shells or from the oysters, returned to the shells, sprinkled with crumbs and melted butter, and browned in the oven.

Brittany

SCALLOPS IN THE STYLE OF NANTES

(Coquilles Saint-Jacques à la Nantaise)

12 large or 24 small scallops	Salt and pepper
1 onion, minced	Muscadet (White wine of
½ garlic clove, minced	Brittany)
1 teaspoon minced parsley	Bread crumbs
	Butter, melted

If scallops have been purchased in their shells, wash well, and lay at door of open hot oven until they open. Remove at once and take out meats (i.e., the white muscle, discarding intestines, etc.). Clean six of the shells thoroughly. Mince scallops, mix with onion, garlic, parsley, salt and pepper. Add sufficient wine to moisten. Arrange mixture in the six shells, sprinkle with crumbs, and then with butter, and brown in moderate oven (350° F.). If scallops have been bought in bulk, bake mixture in scallop dishes or in small scalloped egg dishes. In France scallops go by the name of *Coquilles Saint-Jacques* and are invariably purchased in their shells, so one may be sure they are fresh, since they are still alive. The shells are prized and kept by the frugal cook for baking or serving other dainty sea-food dishes.

Sea-faring Brittany sits back picturesquely from her bleak granite coast in orchards of apples and pears. So most of her cooking is done with cider and perry (pear juice). Muscadet, called for in the recipe above, is her one good wine, all others going by the name "savage" or "foolish" wines. This is a great sea-food coast, its dishes winking with winkles, oysters, scallops, cockles, crawfish, lobsters, crabs, mussels, eels, and sardines. The sardines shipped from Nantes are noted not only for the delicacy of the fat meat but for careful preparation before canning. The finest qualities are not only boned but skinned, although some sardine-sharks who relish the skin object to this. As with eaters of mouldy Camembert-rinds the devotees of sardines, skins and all, maintain that the sweetest and fattest part lies closest to the skin, so it should never be discarded.

Because of the profusion of fruit-blossoms every Brittany farmer keeps a bee and regards this busy little worker with affection, almost as though it were a member of the family, much as an Irishman is closely attached to his pig or a Bavarian to

his cow, with which, indeed, both nationalities share their own houses.

Burgundy

SNAILS BURGUNDY STYLE

(Escargots de Bourgogne)

These are the snails imported into the United States and sold at luxury food shops. They have been kept several days on rock salt, stewed in aromatic white wine, and then stuffed with a butter paste flavored with shallots and chopped parsley. Sealed with this paste, they keep nicely, and are shipped all over France as well as to foreign countries. They are ready for the grill and all that is necessary is to place them under the flame, butter side up, and make thoroughly hot. Do not let them cook in their butter, or they will toughen. Each portion should be accompanied by a scissorlike clamp of silver with which to hold them while they are taken out with a snail pick. But they may be held with the corner of a napkin and extracted with a toothpick, if the special snail gear is not available.

True lovers of snails, after eating the meat, sip the warm butter sauce from the shell, the same as oyster and clam eaters invariably drain the last drop of juice from the shell.

SEA URCHINS

(Oursins)

These spiny sea pin-cushions go by various names, sea-eggs, sea-urchins and sea-chestnuts, along the many rocky coasts where they cling to the bottom until the fisherman comes along, balancing himself in the stern of his rowboat while he pries them off with a long pole. They are prized for the spoonful or two of salubrious coral within their spiny shells which has a flavor a little like caviar and comes in many shades, from crimson through pinkish-red to a pale yellowish yolk, depending on its

sex and diet. There is considerable waste of entrails, which is cleverly flipped out with the fisherman's knife in cleaning them. The coral is then loosened from its shell moorings and either sucked like an egg or spooned out. Both cooked and raw, it is also spread on buttered toast.

The oursin enters into Provençal cooking in a number of interesting recipes. A few tablespoons of the coral, milt or roe, mashed in cream, is the distinctive touch added to an oursinade, that glorified fish stew cooked in white wine, the gravy thickened with a half-dozen egg-yolks and the creamed oursins stirred in at the finish. Oursins color and flavor mayonnaise more deliciously than crayfish butter, for a fish salad. These sea-eggs are in fact the secret of the success of many marine salads all along the Mediterranean.

In Nice the natives go out in the bay and spear a bushel of these bristling sea-hedgehogs, take the dripping basket to the nearest wine shop and throw an oursin party. Sitting at their ease in the shade of a sidewalk café they shuck and eat them without seasoning beyond their own sparkling sea water, which is drunk from the shell the same way that Frenchmen smack up the oyster liquor after swallowing the oyster itself. White wine mates perfectly with the tasty oursin tang and indeed is the most expensive part of this snack, since the sea-chestnuts themselves are of little more value than their brothers that grow on trees. A dozen of them yield no more meat than one fat oyster, so it takes patience to eat them. In Nice there are street stands where they are expertly opened by the vendor and the salty highly-fishy liquid and vivid star-shaped roe are consumed on the spot. Those who dote on them say that no other shell-fish carries so much of the concentrated tang of the sea.

EGGS

(*Œufs*)

Perigord

EGGS PERIGORD

(*Œufs Perigord*)

Sauce Perigueux

1 small onion, minced	1 herb bouquet
1 shallot, minced	1 teaspoon beef extract
3 tablespoons goose fat or butter	1 small truffle, sliced thin
¼ pound boiled ham, diced	¼ cup fine dry white wine
1 tablespoon minced truffle	Montbazillac, if possible
1½ cups stock	Salt and pepper
6 extra-fresh eggs	

Fry onion and shallot in fat until they begin to color. Add ham and minced truffle and fry until onion is golden. Add stock and bouquet and simmer. Remove bouquet. Add beef extract, sliced truffle, wine and seasonings; simmer 3 minutes. (A few pieces of diced chicken or game bird is an improvement.) Pour sauce into a cocotte dish and heat. Add eggs, season, and poach on top of flame or in oven.

Bordelais

EGGS IN COCOTTE WITH BORDELAISE SAUCE

(*Œufs en Cocotte Bordelaise*)

¼ cup butter	6 eggs
6 artichoke bottoms	Salt and pepper
Sauce Bordelaise	

Melt butter in heat proof dish. Add artichoke bottoms, minced, and heat. Break eggs on top and place over mild heat or in the oven to set. Season and pour in sufficient Bordelaise sauce to cover the whites and leave small circles of the white visible.

SAUCE BORDELAISE (WHITE)

2 shallots, minced fine	1 cup strong beef bouillon
1 herb bouquet	3 tablespoons butter
$\frac{1}{8}$ teaspoon pepper	Juice 1 lemon
1 cup Bordeaux wine (white)	Salt

Put shallots, bouquet, pepper and wine in small sauce pan, and reduce one half. Add bouillon and simmer 5 minutes. Take out bouquet. Add butter and stir until well melted. Add lemon juice, and salt to taste. Heat and beat with a fork until butter is well incorporated.

Burgundy

SHIRRED EGGS DIJON

(Œufs en Cocotte à la Dijon)

3 cups mashed potatoes	4 eggs
$\frac{1}{2}$ cup sliced onions	$\frac{1}{8}$ teaspoon pepper
$\frac{1}{2}$ cup mushrooms	$\frac{1}{2}$ teaspoon salt
3 tablespoons butter	Mustard

On platter prepare a border of mashed potatoes. In the meantime brown onions and mushrooms in butter. Put browned mushrooms and onions in cavity in center of platter, break eggs on top, season, dot with remaining butter and place in moderate oven (350° F.) until eggs are set.

Ile-de-France

EGGS BERCY

(Œufs Bercy)

Fry small, piquant breakfast sausages with chopped parsley and onions. When lightly brown push sausages and vegetables to one side and fry eggs in the hot fat.

In Paris, where eggs Bercy are as common as bacon and eggs in Chicago, the sausage used is chipolata, which contains sufficient onion flavor within its own skin, so only the parsley is fried with the sausage. This chipolata is quite a renowned sausage, born centuries ago in Italy and named after cipolla, a sort of glorified chives, pronounced *chipolla* and Frenchified to *chipolata*. *Perdreaux à la chipolata* is a game sausage, taking its name from partridge and it is used to further enrich game dishes.

SAUCE BERCY

3 shallots, chopped	1 teaspoon minced parsley
1½ cups white wine	Juice ½ lemon
¼ cup butter, melted	Salt and pepper

Simmer shallots in wine. Add butter and mix thoroughly. Stir in parsley and lemon juice. Season to taste.

This is Paris' very own sauce, taking its name from the local market of Bercy, lavishly stocked with food-stuffs. Almost every course has a dish celebrating the name: eggs Bercy, fish Bercy, entrecôte Bercy, calf's liver Bercy; in fact, this shallot sauce is sluiced on many viands to make them distinctly Parisian. For Parisians set the French taste for onions, shallots, or delicate chives, against the more exciting garlic of Italy, Spain and Portugal.

Provence

OMELET ST. JEAN

2 cups cooked spinach	1 tablespoon onion juice
3 eggs	¼ cup butter
Salt and pepper	Parsley

Remove stems from spinach and chop to a mush. Beat egg whites stiff and egg yolks lightly. Beat spinach into yolks. Season and fold in the whites. Melt butter in frying pan and add mixture, cover and cook slowly. When nearly done uncover

and finish in oven, or fold over and cook for another minute or so, until sure that center is done. Turn into a hot platter, garnish with sprigs of parsley.

PLAIN SOUFFLE

¼ cup butter	8 eggs
¼ cup flour	1 teaspoon salt
2 cups scalded milk	½ teaspoon paprika

Melt butter, add flour and stir smooth. Take from fire and stir in boiling-hot milk. Beat and stir until free from all lumps; cook 15-20 minutes in double boiler; cool. Beat egg whites very stiff; yolks very light. Beat the cooled white sauce, then whip it together with the yolks, adding seasonings. Gently fold and mix in the beaten whites. Have ready a thick buttered baking dish in the shape of a mixing bowl. Turn mixture into the dish—it should be half full. Set into moderate oven (350° F.) and bake 30-40 minutes, laying a paper across the top of the dish if it browns too fast. Rush it to the table; cut down in sections with a sharp knife dipped in melted butter and lay on the plates with a pie-server, taking great care not to injure the delicate texture or make the soufflé fall while serving. This recipe makes a sufficient entree for 8 persons, or a luncheon dish for 6 if no meat is being served.

CHEESE SOUFFLE is made by adding ¼ pound grated cheese to yolk of egg mixture.

In her "Autobiography of Alice B. Toklas," Gertrude Stein has Alice say several times, in discussing modern artists gone prosperous, "and then they moved from their old studio . . . and had a servant and the servant of course made a soufflé."

Provence

THERESE'S SPINACH SOUFFLE

(Soufflé aux Epinards à la Thérèse)

3 cups cooked spinach	$\frac{1}{8}$ teaspoon nutmeg
$1\frac{1}{2}$ tablespoons butter, melted	5 tablespoons bread crumbs,
1 tablespoon flour	sifted
1 cup milk, hot	6 eggs
Salt and pepper	1 cup whipped cream

Drain spinach as dry as possible and chop to a mush. Make a thick cream sauce of butter, flour, and milk. Add seasonings and nutmeg and cool. Add spinach and $\frac{1}{4}$ cup bread crumbs and mix thoroughly. Beat egg yolks light and egg whites stiff. Add yolks and whipped cream, then fold in whites. Butter a deep bowl or mold and scatter with remaining crumbs, then pour in mixture. It should be $\frac{2}{3}$ full. Bake 30-45 minutes in pan of hot water set in moderate oven (350° F.). If a hollow mold is used the souffle may be unmolded and center filled with creamed chicken, veal, or mushrooms.

Burgundy

POACHED EGGS BURGUNDY STYLE

(Œufs Pochés à la Bourguignonne)

1 tablespoon beef extract	Salt and pepper
2 cups stock	1 onion, minced
$\frac{1}{2}$ cup white wine	2 tablespoons butter
1 herb bouquet	2 egg yolks, beaten
6 extra fresh eggs	Toast

Heat extract, stock, wine and bouquet to boiling. Remove bouquet. Poach eggs in mixture until they just hold together. Place on a platter and season. Fry onion golden in butter, add to liquid and reduce $\frac{1}{3}$. Remove from fire and stir the egg yolks; steam until sauce thickens. Place toast on a platter, pour sauce over and lay a poached egg on each piece. If eggs are to

be served without toast, pour sauce into a hot platter, lay eggs on top and sprinkle with Parmesan cheese. Brown lightly.

Bugey and Franche-Comté

THE FONDU

The Fondu (mellowness) is made in France according to many recipes for mixing eggs and cheese with various seasonings. Savarin borrowed this delightful Swiss cheese savory from its native land about a century ago.

Brillat-Savarin was born at Belley, in the Province of Bugey, influenced by the neighboring Province of Franche-Comté and by the Spanish who ruled much territory hereabouts. Italy and Switzerland also merged in these Alpine districts, so Savarin had a wealth of dishes to choose from, Spanish pigeon pies and watermelon pickles; Italian ravioli made with morsels of heath-cock, meat and giblets; Jural or Swiss cheese to flavor everything.

The dishes of Franche-Comté, like those of Alsace-Lorraine also show teutonic influence, as seen in La Concoillote, butter and sour milk flavored with brandy and cooked together with herbs; and the favorite schnapps, which is kirsch. Germany and Spain unite in the huge sausage flavored with aniseed and devoutly named Jésus de Morteau; and again in German pancakes as thick as your thumb, yet these have a Spanish name, Matafams, hunger-killers, reminiscent of the Spanish anis drink Mataratas, rat-killer.

Other regional foods and drinks are roast ears of corn, grilled crayfish, Septmoncel cheese, called "blue" from its bluish gray color, and lacy morels. Anyone who has tasted morels, that sweet-scented pine-cone-shaped pale white cross between mushrooms and truffles, has begun an endless education in taste. Morels make rare eating. The wines are from sherry-producing vines introduced by the Spaniards and hence the best of them

are white and fruity: Château Chalon, Arbois, Poligny and Beaufort. Also vins de paille, of grapes laid down in straw till mid-winter and then made into wine. Wines here are also cooked with brandy and sugar to make exceptional liqueurs and one of them, Epicea, is flavored with pine, in the popular fashion of Scandinavia.

MEATS

(*Viands*)

Bordelais

GRILLED STEAK BORDEAUX STYLE

(*Entrecôte à la Bordelaise*)

Grilled sirloin or Delmonico steak served with Bordelaise Sauce.

BORDELAISE SAUCE (BROWN) FOR GRILLED STEAKS

2 slices bacon, minced	½ cup claret
1 tablespoon butter	Herb bouquet
1 tablespoon minced shallot	2 tablespoons bread crumbs,
2 tablespoons minced ham	sifted
½ garlic clove, minced	¼ pound beef marrow, sliced
1 cup stock	Salt and pepper
1 teaspoon beef extract	

Start frying bacon in butter; add shallot, ham and garlic, and slowly brown. Add stock, beef extract, wine and bouquet, and simmer. Remove bouquet and add crumbs. Season with salt and pepper. Drop marrow into boiling salted water, remove at once with a skimmer, arrange on top of the steak, and when sauce is thickened pour over.

In Nice, where our national steak appears quite elegantly on the menu as "beef steak" it is first frosted thickly with stiffly beaten egg-whites and then fried in onions and garlic.

Provence

BEEF EN DAUBE

(Bœuf en Daube)

2½ pounds silverside of beef	6 peppercorns
1 calf's foot, quartered	1 strip orange skin
2 onions, quartered	2 garlic cloves, halved
2 carrots, sliced	1 pint red wine
1 sprig parsley	¼ cup vinegar
1 sprig thyme	¼ pound bacon, diced
1 bay leaf	2 tomatoes, chopped
2 cloves	Salt

Flour paste

Choose thick cut of silverside and have cut in 8-10 pieces. Put in deep bowl with calf's foot, onions, carrots, herbs, cloves, peppercorns, orange skin, and garlic. Pour wine and vinegar over, and marinate 5-6 hours, stirring occasionally in order to flavor evenly. Take out meat and drain well. Fry bacon until all fat has been extracted; take out bacon leaving only the fat. Fry meat slowly; add onions and carrots and tomatoes and fry. Strain the marinating liquid, heat, and pour over the meat. Add calf's foot. Simmer and skim. Season. Cover, seal cover airtight with flour paste, and let cook very slowly 4 hours. Serve hot with macaroni, or cold and jellied in own liquor.

Ile-de-France

BEEF A LA MODE

(Bœuf à la Mode)

½ pound fresh bacon	¼ teaspoon fresh ground pepper
4 pounds rump or round steak	2 cloves
¼ cup brandy	⅛ teaspoon nutmeg
1 small onion, chopped	1 bay leaf
1 sprig parsley	1 garlic clove, quartered
1 sprig thyme	6 slices bacon, minced
1 sprig celery leaves	Flour

Strips pork rind	3 shallots, sliced
1 calf's foot, blanched	4 large carrots
1 pint white wine	1 dozen small onions, blanched
1 pint stock	Salt

Cut fresh bacon in half inch strings, and lard the meat, making the incisions run the same direction as the grain. Lay in deep bowl. Mix brandy with onion, parsley, thyme, celery leaves, pepper, cloves, nutmeg, bay leaf, and garlic, and pour over the meat; marinate 2-3 hours, turning meat from time to time. In deep pot-roast kettle, fry minced bacon. Drain meat and dredge with flour. Brown all over with the bacon, pork rinds and calf's foot. Take out meats. To contents of the pot add wine, stock, shallots, and strained marinating liquid. Let come to a boil, and replace meats. Proceed as with a pot roast, over low heat, keeping closely covered with weight on pot cover, never letting the liquid boil. Keep the stock hot, and add when more liquid is necessary. At the end of the 3rd hour add carrots, cut in eighths, and onions. Season. When done, take up, remove fat from pot liquor, and thicken slightly.

LEFT-OVER SOUP MEAT

(*Bouilli*)

BOUILLI AU GRATIN—Cut the boiled beef into thin slices, after having first browned some onions in butter, and fry meat "white" in this onion sauce. Add a tablespoonful of consommé, a little tomato purée, salt, pepper, parsley and chopped garlic. Place in a casserole or stone crock and cover with bread crumbs; add bits of butter and bring it to a golden brown in the oven.

BOUILLI SUR LE GRIL—Place the sliced boiled beef on grill as you would a steak, and serve it hot with a mustard or tomato sauce. Even the famous maître d'hôtel sauce is quite at home with this dish.

FRITES—Cut the boiled beef into little cubes; cut some onions

into thin slices, or use tiny ones. Brown the onions in butter or in the fat from a beef-roast, then add the cubes of beef; salt, pepper, and chopped parsley. Let the whole brown over a low flame as you stir it slowly. Now add boiled potatoes cut in cubes. A creamy sauce will form as you cook, which can be enriched by adding a little meat broth.

In the region of Bordeaux they make of this "left-over" a dish that comes close to being a "grand plat." Tiny onions browned in butter are added to the boiled beef cut into small pieces. This is seasoned to taste with salt and pepper. A tablespoon of consommé, a glass of dry white wine, garlic, parsley, both well chopped, and a little butter are added, and mixture is cooked for 10 minutes while the sauce reduces to one fourth.

Provence

LEG OF LAMB OR MUTTON PROVENÇAL

(Gigot en Potpourri à la Provençale)

1 cup bread crumbs	Salt and pepper
Milk	4 onions, chopped
½ pound salt pork, chopped	4 small carrots, chopped
½ teaspoon minced parsley	2 young turnips, chopped
½ teaspoon thyme, minced	2 cups white wine
½ teaspoon fennel, minced	2 cups boiling water
1 egg	Fried eggplant slices
Garlic cloves, minced	Baked tomatoes
1 boned leg mutton or lamb	Boiled and buttered onions

Moisten crumbs with milk and squeeze dry. Mix with half the salt pork, herbs, egg and garlic to taste. Stuff the bone cavity and sew up. Fry remaining pork in a deep kettle with meat and onions, carrots and turnips until all are delicately browned. Season. Add wine and water. Cover closely and simmer, turning meat occasionally. (Old mutton will take 3 hours.) Serve with fried eggplant, baked tomatoes and boiled

onions. This dish may also be served with diced eggplant and green peppers braised in olive oil with chopped tomato and added to the meat a few moments before taking up.

This leg of mutton stuffed with pickled pork is only one of four hundred recognized recipes of Provence. A breath-taking array of local dishes, all the way from the sailor's bouillabaisse and couscous in the Arabian restaurants of the old port at Marseilles to the conventionalized plats served à la financière at the Negresco in Nice. A menu as polyglot as that of New York City, from the chop suey palaces of Chinatown up to the African chitterling dives in Harlem. Yet the chief influence is Italian, characterized by the anchovies that go into everything.

Hors d'œuvres: eggs and olives stuffed with anchovies, tunny in oil, the sausage of Arles, oursins, mullet caviar with oil, onions and eggs chopped together, raw artichokes, anchovy patties.

Dishes Provençal: omelet of mussels, eggs poached in olive oil, pot-au-feu, octopus en daube, squid farcies, snail fritters, garlic mayonnaise, whitebait pancake, sheep's trotters and tripe stewed in strong stock, le fassum Grassois (cabbage and lettuce boiled in broth with milt, pork and rice).

The honey of Grasse, scented by perfume-making bees in this town where the most subtle scents are distilled and bottled for export. In the perfume shops fountains jet up rose, violet, heliotrope, carnation and out in the flower-fields lovesick swains commit suicide by crawling into caverns where the scent-makers store their rose petals. Here they fall into a last sweet sleep, suffocated by the overpowering aroma. In such a heaven of odors no wonder the bees turn out honeys to match the boudoir bottles of *Quelques Fleurs*, *Dans la Nuit*, *Attar of Roses*, *Pour un Homme*, *Bellogia*. Here you can chose a honey to match your favorite imported French perfume. Candied violets, jasmine, mimosa, rose petals, orange blossoms, too.

The country cheese of ewes' milk, known as *petits Barrons*, comes in a small brick wrapped in a great big vine leaf, and before it leaves home the cheese is well soured with brandy. The mountain cheese *Cachat* is as strong as Gibraltar, highly seasoned and simply reeling with brandy and white wine.

The almond tarts of Aix, honeyed nougats, sweet nut biscuits *aux Avelines*—but best of all, a watermelon iced, *au Vin*:

Cut out the heart only, in balls, remove all seeds in the remaining hole and fill it two-thirds full of *Châteauneuf-du-Pape* wine. Put the iced melon balls back into the cavity and eat with the wine sauce.

Châteauneuf-du-Pape is fruity and mellow and comes either white or red, though Provence is distinguished for its pink wines, *Vin Rosée*, forming a class in themselves, but little known outside of France. *Tavel* is the best of these.

The *Nicois* have the fine wine of *Bellet* and the excellent *petit vins* of *La Gaude* and *St. Jeannette*.

Champagne

NECK OF MUTTON SAINTE MENEHOULD

(Cous de Mouton Sainte Menehould)

1 neck mutton	2 sprigs parsley
Salt pork	1 sprig thyme
$\frac{1}{4}$ cup butter	1 bay leaf
3 young carrots, sliced	Salt and peppercorns
3 medium-sized onions, sliced	Seasoned stock
1 leek, sliced	1 egg, beaten

Bread crumbs

Have butcher trim neck. Split it down the center, chop between vertebrae without cutting the meat, and lard it with salt pork. Melt butter; add carrots, onions, leek, herbs, pepper-

corns and salt and slowly fry. When vegetables begin to color lay in the halves of neck and fry, turning often and carefully until vegetables are lightly browned. Have stock boiling hot, and pour on enough to cover. Simmer until tender. Drain well. Brush with egg, sprinkle with crumbs and brown slowly under grill. Remove herbs and peppercorns from liquid. Reduce to a rich sauce.

The Cous de Mouton Sainte Meneshould is well worth the loving care bestowed on it. The dish is interesting in that three cooking processes go into its making, namely, frying, stewing, and grilling. Many of the recipes of the Champagne district owe their fame to two cooking processes, usually braising or stewing, and baking or grilling. The town of Sainte Meneshould has given its name to this class of cooking, the origin of which is obscured in the middle ages.

At least two other countries have their twice-cooked dishes from remote antiquity. The Portuguese like their pork fried and then simmered, and the Southern Germans stew the humbler cuts of veal and then bread and bake them.

Lyonnais

VEAL ROLLS

(*Veau Roulée*)

1 veal steak cut very thin	1 teaspoon minced parsley
$\frac{1}{4}$ cup bread crumbs	1 egg yolk
Milk	2 tablespoons butter
$\frac{1}{4}$ pound sausage meat	2 bacon slices, minced
$\frac{1}{4}$ cup onion, chopped	2 cups meat broth
$\frac{1}{2}$ garlic clove, minced	$\frac{1}{2}$ tablespoon flour

Pound veal until it is $\frac{1}{4}$ inch thick. Cut in strips 4 inches by 3 inches. Wet crumbs with milk and squeeze dry. Mix together the sausage meat, crumbs, onion, garlic, parsley and egg yolk. Lay a generous portion of this filling across the center

of each piece of veal and roll, securing with toothpicks. Heat butter, add bacon, and then veal rolls, and fry until nicely browned. Add hot meat broth and simmer until done, 20-30 minutes. Reduce liquid and slightly thicken with flour. Serve with a dish of mushroom sautés.

The city of Lyons is second only to Paris for French feasting. Among its specialties are omelet of chicken liver, truffles and onions, Matelote stewed in the red juice of Beaujolais wine, gras-double à la Lyonnaise (tripe in spite of its name), quenelles (forcemeat of young rabbit) and Lyonnaise potatoes, now international.

Here the wines of the Côte-du-Rhône are enjoyed: whites: Saint-Peray and Château Grillet; reds of the Côte-Rotie, St. Michel and the Fleurie of Beaujolais. Also St. Lager, the most inappropriate name ever given to a wine. Liqueurs as well, made of green walnuts, and of maiden hair fern distilled with orange flower water.

Ile-de-France

VEAL SAUTE HUNTER STYLE

(*Veau Sauté Chasseur*)

3 pounds breast of veal	1 herb bouquet
Salt and pepper	1 tablespoon grated carrot
2 tablespoons butter	2 egg yolks, beaten
8 fresh mushrooms	2 hard-boiled eggs
6 shallots, chopped	1 teaspoon minced parsley
1 cup stock	Large croutons
1 cup white wine	1 teaspoon minced tarragon

Choose lean veal, and cut in convenient pieces. Season with salt and pepper. Melt butter and fry meat slowly without browning; add mushrooms, shallots and fry, still without allowing any of the ingredients to brown. Turn into a casserole. Heat stock

and wine together and pour over, adding bouquet and carrot. Season sauce with salt and pepper. Cover and bake in moderate oven 45 minutes, basting occasionally. When done pour in beaten egg yolks here and there, shaking the casserole to mix. Garnish with egg slices and croutons, and sprinkle all with parsley and tarragon.

Dauphiny

SWEETBREADS DAUPHINY STYLE

(Ris de Veau Dauphinoise)

1 pair sweetbreads	1 teaspoon minced parsley
5 tablespoons sweet butter	$\frac{1}{4}$ cup tomato purée
Salt and pepper	Juice $\frac{1}{2}$ lemon
2 shallots, minced	1 cup hot rich meat gravy

Soak sweetbreads 2 hours in plenty of cold water. Blanch and remove skin and veins, then slice or dice. Heat 2 tablespoons butter, add sweetbreads, season, and sauté until lightly colored.

Make a Valentinoise sauce thus: Heat remaining butter and slowly fry shallots until tender, but only slightly colored. Add remaining ingredients, heat, and add to sweetbreads.

The Alpine province of Dauphiny abounds in walnuts, so the oil of this nut is used in cooking in place of olive oil—as the Niçois uses peanut oil (*huile de raschid*) because it is cheaper.

Long under Roman rule, Dauphiny carries down its ancient traditions of cooking, notably in sprinkling many dishes with grated cheese. Our own familiar potatoes au gratin was invented in Dauphiny within a century after Sir Walter took the first spuds from Virginia across to his estate near Cork, and from there let them spread all over Europe. The Dauphinois grate up their Saint-Marcellino or Sassenage hard cheeses and dust it over dishes of fish, game and vegetables. They use a

good deal of Alpine butter and cream in the kitchen, too, and also a creamy-white truffle native to the locality.

We must pass over their pet plates of pig's liver and blood to recommend chicken-liver mousse à la Valentinoise in their stead, or shad, another distinctive dish of Valence, put to pan on a bed of shallots, onions and sorrel, taken up when almost done, doused with white wine and brandy and finished off in the oven.

A sweet soufflé is made of pumpkin; and the regional baba is called pogne de Romans. It is soaked in rum in the classical manner, though rum of course is not native to Dauphiny. Chartreuse is, however, and again, thanks to the Church of Rome, this province has its own great wine Hermitage, still made at the old Roman monastery.

Languedoc

CHICKEN LANGUEDOC

(Poularde à la Languedocienne)

1 young fat hen	½ garlic clove, minced
Salt and pepper	6 stoned olives, chopped
¼ cup butter	6 scallions, chopped
2 pounds Toulouse sausage	2 tomatoes
or plain sausage meat	½ cup white wine

Wipe fowl well inside and out and season with salt and pepper. Chop the liver, melt 3 tablespoons butter and fry liver 2 minutes, add sausage meat and fry, stirring and turning so it will not cake. Mix in the garlic, olives, and scallions. Peel tomatoes, take out seeds, and add. Stuff the hen and sew up apertures. Brown in remaining butter, in a pot-roasting kettle. Add warmed wine and proceed as with pot roast.

Champagne

PULLET CHAMPAGNE STYLE

(Poulet à la Champenoise)

1 tender chicken	1 bay leaf
2 tablespoons butter	Pepper and salt
$\frac{3}{4}$ pound lean veal	3 cups champagne
$\frac{1}{4}$ pound salt pork, diced	2 egg yolks, beaten
1 onion, minced	2 cloves
1 garlic clove, minced	1 blade mace
3 shallots, minced	6 peppercorns
2 sprigs parsley	1 small leek, sliced
1 sprig thyme	1 egg, beaten

Bread crumbs

Chop chicken giblets and simmer in unsalted water. Melt butter in saucepan, add salt pork and fry a few minutes, then add veal, cut in small pieces, onion, $\frac{1}{2}$ garlic clove and shallots. Slowly fry but do not brown. Add parsley, thyme, bay leaf, the simmering giblets with their liquor, seasonings, and 1 cup champagne. Cover and cook until liquid is reduced and mixture is nearly dry. Remove herbs. Cool. Add egg yolks and mix well. Season chicken, fill with the mixture and sew up the apertures; lay in a deep saucepan—an earthenware casserole is better—with 2 cups of champagne, cloves, mace and peppercorns, garlic and leek. Cover closely and simmer, basting and turning occasionally. Drain and wipe dry. Roll in beaten egg and crumbs, and quickly brown under grill. Strain contents of pan and serve as a sauce.

It will be noted that this poulet à la Champenoise is both stuffed and stewed with champagne. But this is nothing uncommon in the Champagne district where the regional cooking calls for the great local wine about as often as it does for water. Recipes specify boiling carp, pike, even eels, in the distinguished

product of the Ay district. But fortunately for local recipes the wine meant is of the cheap, still variety, not of the sparkling type as we know it, and of course of less than one-tenth the price, yet fully as flavorful.

Ay is the name of the district where this province's finest wines are produced, and of course all of them are still, until treated and bottled, doctored with syrup and spirits and made into the export article. We would not recognize as champagnes the names of the district by which the wines are known locally: Ay, Ambonnay, Epernay, Verzenay—the ayes have it! Sillery and Gramant, Bouzy and Dizy, too. Verzy, Sacy, Jouy, Oger, Moussy, Rilly—they sound made up for the Anglo-American trade. Yet these are the names of the natural wines that go into practically all dishes Champenoise. Even the vinegars were originally these. In making the *salade Champenoise*, composed of sliced boiled potatoes piping hot and uncooked dandelion greens, both champagne and champagne vinegar are mixed in the fat in which bacon is fried, and then the whole panful goes over the salad to wilt the greens and savor the potatoes.

Reed birds, even song birds, are sautéed with sweetbreads and mushrooms and then doused with champagne. Desserts consume a lot of the local beverage, but not nearly so much of it as the townspeople of Reims, where the great wine is on draught, both sparkling and still, and is as freely drunk as beer in Hoboken, though in smaller doses. A special sweet pink and white biscuit is made on purpose to nibble with the flute-ful of bubbly water, and it is well known that these biscuits of Reims do but increase the thirst for it, even as pretzels do for malt drinks. Lady fingers, too, are almost a convention with this wine, and a bottle is usually accompanied by a plate of them, piled up log-cabin style.

If you like, you can drink red champagne, but alas, all of the latter is without sparkle. It is called *bruit* or *nature*, either

red or white and many Frenchmen will drink nothing else but the natural white with oysters.

Bordelais

CHICKEN BORDELAISE

(Poulet Sauté Bordelaise)

1 young chicken, jointed	4 raw artichoke bottoms
Flour for dredging	½ garlic clove, minced
2 slices bacon, chopped	1 teaspoon beef extract
2 tablespoons olive oil	1 teaspoon minced parsley
1 shallot, minced	Juice ½ lemon
½ cup white wine	Small artichokes, sautéed

Lightly dredge chicken with flour. Start frying bacon in olive oil; add shallot and chicken and brown quickly for 5-8 minutes, turning the pieces so as to color on all sides. Add wine and artichoke bottoms, cut in quarters. Sprinkle with salt and pepper, cover closely and simmer slowly 15-25 minutes, uncovering to baste once or twice. Add beef extract, lemon juice and parsley, and shake the pan to mix. Take up, make a gravy of remaining contents of the pan, and pour over, or serve in a boat. Garnish the platter with small artichokes, sautéed.

Bresse

CHICKEN WITH CRAY FISH BUTTER

(Poularde au Beurre d'Ecrivisses)

1 cup bread crumbs	<i>Crayfish Butter</i>
½ pound lean veal	3 dozen crayfish
½ pound ham	1 herb bouquet
1 tablespoon minced onion	3 cloves
1 teaspoon minced parsley	6 allspice
¼ teaspoon minced thyme	12 peppercorns
¼ bay leaf, minced	1 onion, sliced
Salt and pepper	3 tablespoons wine vinegar
1 egg	Salt
2 tablespoons butter	2 cups white wine
1 fat chicken	½ pound fresh butter

Soak bread in water and squeeze dry. Add veal, ham, onion, parsley, thyme, bay leaf and seasonings and put through food grinder. Mix thoroughly with egg. Stuff chicken and sew up. Roast with butter, basting frequently.

CRAYFISH BUTTER

Wash crayfish. Boil remaining ingredients except wine and butter in 2 quarts of water for $\frac{1}{2}$ hour. Strain, add wine, bring to a boil, add crayfish and cook 20 minutes. Let cool in liquor. Drain, saving liquid; shell and save tails. Grind shells fine and mix with melted butter. Heat 5 minutes. Cool slightly and rub through a sieve into ice water. Gather up butter, heat, add tails and serve with chicken.

The chicken farmers of Bresse have mastered the art of fattening their birds much as the geese farmers of Strasbourg have specialized on the secret of fattening the livers for *pâté de foie gras*. Bresse chickens are shipped all over France and can be bought at the best poultry markets in all cities.

Due to forced fattening, the livers of Bresse chickens become enormous, though not as gigantic as the goose livers of Strasbourg, which sometimes weigh pounds. The chicken livers of Bresse are boiled, pounded to powder and stirred with milk and eggs into a supreme nutmeg-flavored mousse.

The Province of Bresse was long under Spanish domination, so it still uses the corn flour and watermelon pickles of that country, the pickles being either sour for appetizers or sweet for dessert.

Cardoons flourish here, sizable thistles that never quite become artichokes. They have leaves like the *acanthus* and the whole stalky plant, except the root, is browned with truffles and juices from roast chicken or turkey.

An attractive dish of the district is apple slices covered with batter and baked on cabbage leaves well buttered.

Burgundy

CHICKEN IN THE STYLE OF BEAUNE

(Poulet à la Mode de Beaune)

Salt and pepper	1 dozen large mushrooms
1 fat young chicken	1 truffle, sliced
¼ pound butter	¼ cup brandy
1 herb bouquet	1 pint thick cream

Salt and pepper chicken inside and out. Spread with butter and place herb bouquet inside, then roast, preferably in a covered casserole, turning and basting from time to time. When done remove bouquet, surround it with well washed and dried mushrooms and truffles slices. Cover and simmer 8-10 minutes. Pour over it brandy and hot cream, and serve in the casserole in which it was baked. (This dish is better when made on top of the stove, but requires much care and attention to prevent undue browning.)

DUCK IN A CHEMISE

(Canard en Chemise)

1 tender duck	2 sprigs parsley
Salt and pepper	Pastry dough
1 sprig celery	Pâté de foie gras

Prepare duck, rub inside and out with salt and pepper, and lay herbs inside. Roll out pastry dough sufficient to envelop the duck. Lay duck, breast upward, on pastry, cover breast with foie gras (or with a paste made by frying livers and giblets with plenty of fat bacon, pepper and seasoning, and pounding until they form a thick mass). After the paste is evenly spread over the duck, carefully fold pastry over it and pinch the edges together. Lay in a pan and bake in the oven, then transfer to platter.

Brought to the table the dish looks like a large mound of pastry, and should be carved, as it is in France. For this is not

a dinner-party dish, but one to be enjoyed among intimates. The host, who in France is always an expert carver, runs a sharp knife round the crust at the bottom. The top crust is taken off and sent to the side table; for the great delicacy, to be carefully portioned, is the crust beneath the duck into which the foie gras has soaked. The upper crust, it is remarked in a French cook book, may be served to the children, or to the poor relation who is not supposed to know the difference.

DUCKLING WITH SOUR ORANGES

(*Caneton à la Bigarde*)

1 duckling	3 tablespoons butter
Salt and pepper	1 orange, rind and juice
3 cooked carrots, sliced	1 small glass currant jelly
2 onions, sliced	Toasted bread
	1 orange, sectioned

Roast duckling 20 minutes in hot oven. Season, reduce heat to moderate and allow 20 minutes more for each pound. Fry the carrots and onions in a little of the butter until the onions are brown, and add. Cut the orange rind into thin strips and cook in a little hot water until they are soft, and add. Add orange juice and jelly to the duck gravy in the roasting pan. Heat until jelly is melted, mixing well. Place the duck on the toast, decorate the breast with fresh orange sections. Serve gravy in a boat.

The bigarde is the sour orange of Seville, exported to a number of neighboring countries. It is excellent for cooking. A large portion of the Spanish crop goes to England, where it is made up into the tangy marmalade which appears on every English breakfast table and is shipped to America in small stone jars, under well known brands.

*Normandy*GOOSE IN SAUCE
(*Oie en Daube*)

1 young fat goose	1/8 teaspoon ground mace
Salt and pepper	2 teaspoons applejack
2 pounds lean pork, ground	1 piece salt pork rind
3 slices bacon, minced	2 cups stock
2 eggs	1 onion, chopped
4 apples	1 leek, sliced
2 1/2 cups cider	1 carrot, sliced
1/8 teaspoon ground cloves	Apple marmalade

Wipe the goose and season inside and out with salt and pepper. Chop goose liver and mix with pork, bacon, eggs and seasonings. Pare apples, cut in quarters and cook with 1/2 cup cider, cloves and mace. Cool, mash, add applejack and add to pork mixture, mixing well. Stuff goose and sew up apertures. Lay pork rind in deep pot, and place goose on top. Heat stock and remaining cider together and pour over. Add onion, leek, and carrot. Cook rapidly 10 minutes, then cover and simmer, turning occasionally, until done. Take up. Skim fat from liquid and thicken. Serve apple marmalade on the side.

The French speak of Normandy la Grasse, "the fat," and they ought to know. Cream-fattened, cider-swelled, cheese-stuffed, this rich province tucks her legs under the mahogany to gorge on the cuisine à la crème: tripes à la mode de Caen, the buttered ducks of Rouen on which apple-jack is burned and not considered wasted, mussels stewed in cream, lobster with shrimp butter sauce, the shrimp themselves big, blush-rose beauties. Sole sautéed in cider, wine-soused mackerel, chitterlings grilled in paper buttered with the exceptional beurre fine of Isigny. Omelette de la Mère Poulard, Mother Fat-Hen's cream omelet with egg yolks and whites beaten separately, as justly

famous in Normandy as Madame Bougay's breakfast eggs were in New Orleans. For drinks champagne cider, sparkling and heady, and the native Calvados. Try the pre-Civil War apple jack, bottled in 1860.

Besides being a fat, creamy cuisine, Normandy is further enriched by her fermented and distilled apple juice. The use of both cider and Calvados in one dish, with apple marmalade on the side, as in the oie en daube above, sets her aside from the usual wine-cooking of France. But the fact that she is the proud mother of the soft and aromatic cheeses, Camembert, Port-Salut and Pont-l'evêque brings her back into the fold. In the Normandy town where Camembert originated there is a stately statue to the lady who invented it. Today there is the "Syndicat du Vrai Camembert" which stamps its proud name on the tiny round wooden boxes of the genuine article.

For a distinctive sweet try the apple marmalade soufflé with whipped cream and Calvados ablaze (see recipe).

Champagne

QUAIL IN HOT ASHES

(Cailles à la Cendre)

For each pair of birds:

2 slices bacon, minced	¼ teaspoon minced thyme
1 chicken liver, chopped	1 egg
¼ cup bread crumbs	1 tablespoon brandy
Salt and pepper	2 4-inch squares salt pork
2 tablespoons chopped truffles	Butter
1 teaspoon minced parsley	Dry toast

Season birds inside and out. Fry bacon; add chicken liver with chopped quail liver and fry 2 minutes. Mix with bread crumbs soaked in water and squeezed dry, seasonings, truffles, parsley and thyme. Then add egg and brandy. Stuff birds with this dressing. Bind salt pork over breast of each and truss legs

and wings with same twine. Then wrap in grape leaves (if at hand). Wrap in well-buttered paper, doubling edges together and turning in ends; wrap each in second buttered paper in same manner to make sure no juices escape. If possible cook in hot wood embers; otherwise set beneath hot grill with door open and turn frequently. When papers are removed be careful to save all juices. Serve on dry toast.

If this dish is being prepared in a hunting camp, truffled pâté de foie gras out of a tin may be substituted for fresh chicken livers and fresh truffles.

Perigord

PARTRIDGE PERIGUEUX

(*Perdreau à la Périgueux*)

½ pound truffles, chopped	Salt and pepper
3 ounces fat bacon, chopped	Bacon slices
1 par partridges	Sauce Périgueux

Grind truffles and chopped bacon together, putting them through the grinder several times to mix thoroughly and reduce to a mass. Put mixture into a small sauce pan and heat and stir. As soon as heated through, remove from fire and cool. Salt and pepper birds inside and out, and stuff. Wrap in bacon slices, and tie securely. Leave on ice for 2 days. Wrap in buttered paper and bake in quick oven. Remove paper and let brown. Remove twine. Dish up, and serve with Périgueux Sauce.

SAUCE PERIGUEUX

1 small onion, chopped	½ cup Madeira
1 shallot, chopped	1 herb bouquet
¼ pound raw ham, chopped	¾ cup brown gravy
2 tablespoons butter	¼ cup minced truffles
Salt and pepper	

Slowly fry onion, shallot, and ham in butter until slightly browned. Add Madeira and bouquet. Simmer until reduced

one-half, add gravy, boil up, strain, and press through a sieve. Add truffles, season highly, cook 3 minutes, and serve.

Nivernais

PARTRIDGE OR PHEASANT WITH SAUERKRAUT

(*Perdreaux ou Faisan à la Choucroute*)

Salt and pepper	1½ pounds sauerkraut
2 partridges or 1 pheasant	1 cup peeled and sliced apples
Bacon slices	½ cup white wine
3 tablespoons goose fat or butter	1 tablespoon flour

Salt and pepper birds. Wrap in bacon slices and tie securely with twine. Heat fat and brown bacon-wrapped bird lightly. Wash sauerkraut in cold water, drain and wring dry. Place a layer of kraut with several apple slices in bottom of a deep fire-proof dish or casserole and imbed the birds. Cover with kraut and rest of apple slices. Pour the wine over, adding a little water. Cover closely and let simmer and steam for 1½-2 hours. Take up birds. Thicken kraut with flour. Make nests in the kraut and replace birds. Serve in same dish.

M. André Simon, chief fork of the London Wine and Food Society, says: "A partridge, in French gastronomic parlance, is always masculine, whatever its sex, when young and tender: un perdreau. When no longer young nor quite so tender, it is invariably feminine, une perdrix. The spit and an open fire and its own juice suit the perdreau admirably, but the perdrix is at her best in a soft nest of well-cooked cabbage."

Alsace

ALSATIAN SAUERKRAUT

(*Choucroute Alsacienne*)

½ pound goose fat	1 large carrot, chopped
2 pounds sauerkraut	½ pound bacon, thick slices
1 large onion, minced	½ pound ham, thin slices

½ pound smoked sausage	Juniper berries (optional)
2 apples, peeled and sliced	1 pint white wine
1 dozen peppercorns	1 pint meat broth

Arrange ingredients in a casserole in alternating layers. Cover with buttered paper, then fit the cover on, making as nearly air-tight as possible. Set in moderate oven (350° F.) and bake 1½ hours. Serve sauerkraut very hot, with meats laid on top.

Brasserie Lipp, Boulevard St. Germain, the Alsatian center of Paris, makes a great specialty of sauerkraut cooked in this manner, and qualifies the bad reputation of French beers by drawing an excellent Alsatian brew which invariably accompanies the dish.

Champagne

YOUNG RABBIT CHAMPAGNE STYLE

(Lapereau Sauté au Champagne)

¼ pound butter	2 cups champagne or white wine
2 tablespoons minced ham	Half a bay leaf
1 young rabbit, quartered	2 sprigs parsley
Salt and pepper	1 sprig thyme
3 shallots, sliced thin	

Heat butter, add ham and seasoned rabbit. Slowly and lightly brown. Take up rabbit, add champagne, herbs and shallot. Cover and heat. Put back rabbit and simmer until tender, keeping closely covered, basting and turning occasionally. An earthenware casserole is best for the second process.

Languedoc

CASSOULET A LA LANGUEDOCIENNE

1 pound white haricot beans	½ cup meat broth
Fresh pork rind	2 garlic cloves, crushed
Confit d'oie (potted, braised, boned goose, sealed with fat)	1 teaspoon minced parsley
1 onion, chopped	Salt and pepper
2 tablespoons well-reduced tomato purée	¼ cup mixture bread crumbs and garlic with parsley minced together
1 cup white wine	

Soak beans over night, parboil with pork rind, and drain. Heat fat from confit d'oie, and brown wings and legs; lay in a casserole. Mix onion, tomato purée, wine, broth, garlic cloves, parsley and seasonings. Put beans and pork rind on top; then turn upside down into the casserole on top of browned goose. Sprinkle with crumb-garlic mixture, cover and bake; uncover and brown.

Languedoc

CASSOULET DE CASTELNAUDARY

1 pound dry kidney beans	1 tablespoon flour
1 goose leg and wing from "confit d'oie"	1 quart meat broth
¼ cup goose fat or butter	1 large tomato, chopped
¼ pound bacon, chopped	1 herb bouquet
1 large onion, sliced	½ pound country sausage
	Bread crumbs
	Chopped parsley

Soak beans over night, then parboil until skins slip. Drain. Add boiling water and salt and cook until ¾ done; drain. Brown goose leg and wing in fat. Fry bacon and onion until lightly browned. Blend in flour, add boiling broth slowly and cook 5 minutes. Add tomato and bouquet, cook for a few

minutes and remove bouquet. Put mixture in an earthenware casserole with the sausages and bake until done. Sprinkle with crumbs and parsley and allow to become brown and crisp.

Cassoulet is the dish that Sheila Hibben deservedly calls "that divine gift of the Midi." The recipe differs slightly in the various districts. In Carcassonne pork chops and garlic are added; in Toulouse, a portion of leg of mutton or lamb; in Bas Languedoc, juniper berries; in Gascony, white wine and browned pork; in Perigord, truffles, of course, and stuffed gooseneck, with juniper berries. Limosin makes a cassoulet without confit d'oie. And Alsace, home of the goose, and a *pâté de foie gras*, seizes upon the Languedocian invention with enthusiasm, and adds the calf's foot and knuckle, and smoked ham and smoked sausage, with which other fine Alsatian dishes are adorned.

SAUCE OF CHIVES

(*Sauce Civette*)

1 slice fresh white bread	Salt
4 egg yolks, hard-boiled	Pepper
2 tablespoons olive oil	Vinegar
Sugar (granulated)	1 tablespoon chives, chopped fine

Cut away bread crusts, soak the soft center in water, squeeze dry and rub with egg yolks through hair sieve. Stir in the olive oil, season sour-sweet to taste. When smooth, whip in the chives.

In French the word *civette* means both civet cat and chives. It is not to be confounded with *civet*, the French word for jugged hare or stewed rabbit; yet there is a close connection between cat and rabbit, for the domestic cat often takes the place of the wild hare or rabbit in the French jug or stew, so we may surmise that this dish took its name not from the chives with which it is sometimes cooked, but from a playful substitution

of wild cat, or civet cat, for the hare. In Paris an alley cat is also called a "roof rabbit."

Languedoc

VOL-AU-VENT A LA TOULOUSE

1 chicken breast, cooked	1 cup white sauce
1 sweetbread cooked in chicken broth	¼ cup white wine
Tiny chicken quenelles	Salt and pepper
Sliced truffle	Patty or puff paste shells

Cut chicken and sweetbread in small dice; simmer a few minutes, with quenelles and truffle, in white sauce mixed with wine. Season; fill shells with mixture, allowing 1 quenelle and 1 bit of truffle for each. Set in oven and heat. (An addition of mushrooms, minced ham, and bits of cocks' combs, is in order if the vol-au-vents are being made in any quantity.)

Recipes for vol-au-vent are legion, since their daintiness is a challenge to the ingenuity of the cook. The filling may be any tasty little ragout. Some of the best known are: vol-au-vent à la financière, with a ragout of olives, mushrooms, sweetbreads, green peas, truffles, and cocks' combs, in a wine-flavored sauce; à la Normande, with fillet of sole, oysters, mussels and mushrooms; à la Macedoine, with carrots, turnips, peas, string beans and cauliflower in Bechamel sauce; au salmon à la ravigote, with salmon, scallops, and white sauce; and vol-au-vent de Brandade, filled with brandade (see recipe). Other vol-au-vents, under various names, are filled with either feathered or furred game, always with truffles or mushrooms; with ragouts having as their base veal or pork, or chicken giblets; and the simplest ones are made with chopped hard-boiled egg in sauce or cheese fondu filling.

QUENELLES

Quenelles have come to mean any forcemeat, bound with egg, and moulded and rounded between two teaspoons dipped in hot water. But at one time the material used was young rabbit, as the name indicates—*connil*, a young coney. They are cooked in boiling salted water and used as a garnish for soup or entrees, or served as a separate dish. The Germans have elaborated on the quenelle in their many meat dumplings, which they have made into an important feature of their cuisine. But the French meat balls are daintier, and a number are worth describing.

QUENELLES AU FOIE D'OIE, so nearly German that it hails from Alsace, is made of mashed fat goose liver held together with egg, and cooked in an Alsatian Tokay locally known as *Klevner*.

QUENELLES DE VEAU DAUPHINOISE: Finely grind veal, work to a paste with a little butter, yolk of egg and cream, season with salt, pepper and nutmeg. Poach in broth flavored with thyme and serve in a sauce of butter, flour, meat broth, tomato and white wine.

QUENELLES LYONNAISE: Grind a thick slice of pike and work with beef marrow, some puff paste, and beaten egg white. Form quenelles of cylindrical shape and cook in boiling salted water; drain and serve with sauce Nantua (see recipe). Sprinkle with grated Gruyère cheese. (Some enterprising cook of Lyons no doubt borrowed this from Nantua.)

QUENELLES DE TRUITES A LA SAVOYARDE: Grind trout, mix with bread crumbs soaked in cream. Serve with crayfish sauce and garnish with crayfish tails.

VEGETABLES

(*Légumes*)

Lyonnais

STRING BEANS LYONNAISE

(*Haricots Verts à la Lyonnaise*)

1 pound string beans	Salt and pepper
6 tablespoons butter	1 grating nutmeg
2 medium-sized onions, sliced	1 tablespoon lemon juice
thin	1 tablespoon minced parsley

Cook beans in uncovered sauce pan, in slightly salted boiling water. Melt 3 tablespoons butter. Add onions and slowly fry until tender and golden. Add well-drained beans, additional salt, pepper, and nutmeg to taste. Gently toss until mixed with onions. Sauté 5 minutes. Add remaining 3 tablespoons butter in small bits, lemon juice and parsley. Toss again, and serve.

Lyonnais

LYONNAISE POTATOES

(*Pommes de Terre à la Lyonnaise*)

1 tablespoon butter	3 cups small cooked potatoes,
1 tablespoon olive oil	sliced thin
2 tablespoons salt pork in tiny	Salt and pepper
dice	3 tablespoons meat gravy
2 small onions, sliced thin	1 tablespoon minced parsley

Heat butter and olive oil. Fry salt pork until slightly brown; add onions and slowly fry until tender and golden. Add potatoes, salt and pepper and part of the gravy. Let brown a little, then turn. Repeat until potatoes are nicely brown, adding the rest

of the gravy during the frying. Drain off any extra fat. Sprinkle with parsley, gently turn until parsley is mixed in, and serve very hot.

NAPOLEON PUFF POTATOES

(Pommes de Terre Soufflés)

Cut raw potatoes in oval- or almond-shaped pieces about $\frac{1}{4}$ inch thick and 2 inches long; lay in cold water $\frac{1}{2}$ hour. Dry well and cook in medium hot deep fat 8-10 minutes without browning. Drain and set aside to cool on strainer. Then fry golden in smoking hot fat, shaking occasionally and gently during the process. Drain on paper and serve at once on a folded napkin.

A paper napkin will serve quite as well as a linen napkin, still used abroad where laundry is cheap.

Although these puffed potatoes were named after Napoleon he had nothing whatsoever to do with them, and it is doubtful if he ever tasted any. Neither he nor his Empress Louise were distinguished as cooks or epicures and the dishes they sometimes concocted were amateurish indeed. Napoleon's immediate predecessors, the Louises, were great trenchermen, however, and spent a good deal of time in the palace kitchen. Louis XIII killed his own game, surpassed his own royal gardeners at raising vegetables and cooked them splendidly himself, since he lived in constant dread of being poisoned. And this is the reason that many monarchs have excelled in culinary arts. Louis XV was not a gardener, but a great hunter and discriminating cook. Louis XVI has left no mark as a cook and he alone of them was not even a first-class gourmet, although a great eater. The history of the French cuisine sparkles with the names of royal cooks, their cooking courtiers and personal chefs, although most of the dishes have lost their original significance in republican France.

The origin of these pommes de terre soufflés and how they came to be nicknamed "Napoleon" still makes a dinner table story in France where all dishes are "discussed," as a part of the savor of their eating. It seems that a simple housewife in early Empire days set aside her sizzling panful of pommes frites, French-fried, to rush to the front window and ogle at Bonaparte riding by at the head of his troops, in all the glitter and fool's-gold of battle. An hour later, when this susceptible housewife came out of her trance and got back to the kitchen, her pan of potatoes lay cold and soggy with grease. "Ou là là!" a catastrophe indeed, for she expected her husband home every minute and there was nothing else to eat in the house.

So, instead of throwing them away, the thrifty lady, trained in economic sacrifices made necessary by keeping up Napoleon's army, made the best of it, putting her spuds on the fire again. But behold! they puffed up miraculously, became crisp shells full of air, bursting fat and round as toy balloons, tiny sausages, or emperors. So the twice-fried potato puffs came into being by accident and were named after the Napoleon story which ran from tongue to tongue all over France.

Normandy

POTATO SOUFFLE NORMANDY

(Soufflé de Pommes à la Normande)

4 cups mashed potatoes	1 egg
Salt and pepper	1 teaspoon caramel
2 tablespoons butter, melted	4 tablespoons Calvados,
¼ cup apple marmalade	or aged applejack
1 cup thick cream, whipped	

Choose old potatoes which will be light and fluffy. When smoothly mashed add salt and pepper, butter, and marmalade which has been warmed over steam; mash together thoroughly. Cool potatoes somewhat; beat in cream, egg yolk and caramel;

fold in egg white stiffly beaten. Heap in a rough pile on a fireproof dish, and place in moderate oven (350° F.) to heat and set egg, but do not brown. Pour the applejack over and flare. It makes a pretty ceremony to burn the applejack at the table. (Poor or new applejack will not give the proper results. And, of course, Calvados or Normandy apple brandy is best.) Serve with game, duck, or pork.

MASHED POTATOES AND CHESTNUTS

(Purée de Pommes et Marrons)

An equal weight of potatoes and chestnuts. Pare the potatoes; shell, blanch and peel chestnuts. Put the potatoes and chestnuts in boiling water in 2 separate pans. Cook until tender. Run together through potato ricer, add salt and pepper and a tablespoonful of butter. Mix thoroughly. Add 1 cup cream and beat until very light. Heat over steam and serve.

Nivernais

LETTUCE A LA NIVERNAISE

(Laitues à la Nivernaise)

Small heads young lettuce	Salt and pepper
Butter	Young carrots
Beef broth	1 teaspoon granulated sugar

Wilt the lettuce in melted butter. Add beef broth to half cover, season, cover and simmer. Turn after 8 minutes. Uncover, simmer and baste. Parboil carrots in salted water; drain; brown in butter with the sugar; add a little broth and simmer, covered, until tender. Uncover and reduce liquid to a glaze. Arrange lettuce on a hot platter, pour liquid over. Garnish with the glazed carrots.

Bordelais

MUSHROOMS BORDELAISE

(Cèpes à la Bordelaise)

½ pound mushrooms	2 shallots, minced fine
⅛ pound butter	2 tablespoons lemon juice
Salt and pepper	1 teaspoon minced parsley

Cut off all but ½ inch of the mushroom stems. Let lie for a few minutes in plenty of cold water, first right side up, then upside down. Dry on a linen towel. Cut in thin slices through the stem. Heat butter to near smoking. Add part of the mushroom slices and toss and turn in the butter. Add the rest, season, fry for a moment, add shallots, and let fry 2 minutes. Cover closely, reduce heat and smother 2-4 minutes. Add lemon juice, and parsley, and serve at once in a hot dish.

HOP SPROUTS

(Jets de Houblons)

Young hop sprouts, in the spring, are succulent and edible, resembling asparagus. They are imported to America in cans, although there is no reason why hop sprouts should not be a garden crop in the United States.

They should be heated in their own liquid and served with hot butter, or with Hollandaise sauce.

STUFFED SQUASH BLOSSOMS

(Fleurs de Courge Farcie)

The male, or false, blossoms which close and fall from squash and pumpkin vines are gathered up and sold by the bushel in French markets; to be prepared thus:

Gently open flowers sufficiently to insert a stuffing of chicken or veal forcemeat (or simply chopped hard-boiled egg mixed with butter and bread crumbs). Lay stuffed flowers side by side in a baking tin, pouring into pan a little veal or chicken broth

(or just water in which has been dissolved a teaspoon of beef extract); sprinkle with salt and white pepper, and simmer.

The blossoms retain their vivid golden color and make a decorative garnishing for a meat or vegetable dish. They beautifully frame a platter of heaped fresh green peas, and delight the heart of the amateur gardener, who will cease to bemoan the fact that every bloom on the vine is not a promise of a Halloween pumpkin.

Provence

VEGETABLE RAGOUT

(Mélange de Légumes)

3 young carrots, diced	1 large tomato, peeled
2 cups meat broth	1 large onion, sliced
6 scallions	1 garlic clove, minced
1 small zucchini (or egg plant)	2 tablespoons olive oil
Salt and pepper	1 green pepper, sliced

Drop carrots into boiling broth, add scallions with portion of green left on. Cut zucchini (Italian green squash resembling cucumber) into $\frac{1}{2}$ inch slices, and add. Season. Set tomato in center of stewing vegetables whole. Fry onion and garlic in oil until golden, add $\frac{1}{4}$ cup cold water and simmer. Add green pepper to vegetables. Pour over them the liquid from onion and garlic and discard these. Simmer for a moment. Serve on a hot platter. Vegetables except tomato should be unbroken.

Provence

PANISSES

Panisses frites, (fried), are a boon to the hurried housewife in Provence, and housewives are hurried on occasion, even in that easy-going land of poetry where it is nothing to bestow 6 hours of loving care on a dish of braised meat; or keep the fire going all night in order to produce that rival to tripes à la mode de Caen, the pieds et paquets à la Marseilles. This consists of

mutton tripe used as wrappers for a delectable stuffing, and cooked in white wine and stock with sheeps' trotters, beef shin, veal, and vegetables in a covered earthen crock sealed air-tight with flour paste.

Panisses can be bought, ready to fry, usually at the cheese shop, in many Provençal towns, and are handy when unexpected guests arrive. They measure about 3 inches, square or round, are $\frac{1}{2}$ inch thick, and yellow. The best are made of a thick purée of chick peas cooked in stock further thickened with flour, cooled, and then cut in slices and formed between the hands. The panisses are dredged with flour and fried in butter. An American substitute may be made by pressing canned chick peas through a sieve with 1 tablespoon flour, with enough of the chick pea liquor to permit the mixture being heated until the flour is cooked.

A proper panisse, however, according to old Provençal cooks, should be stirred only with a paddle made of laurel wood, for both luck and flavor.

Provence

AIOLI

8 garlic cloves	1 $\frac{1}{4}$ cups olive oil
1 egg yolk	Juice $\frac{1}{2}$ lemon
$\frac{1}{8}$ teaspoon salt	1 tablespoon tepid water

Grind garlic cloves to a paste; add egg yolk and blend; add salt and a few drops of oil and blend, adding oil until 4 tablespoons have been used. Then add lemon juice a little at a time and beat; add water and continue beating. Then slowly add the rest of the oil, proceeding as with mayonnaise.

For the garlic-lover this is a delicious sauce, and the "Aioli Garni" or "grand aioli" with which it is sometimes served is a complete and beautiful repast. Almost anything in the kitchen may appear on a platter of "grand aioli"—hard-boiled eggs,

baked potatoes, carrots, onions chopped with fennel, artichokes, snails, codfish or other fish, or shell fish—always appetizingly arranged, with the sauce heaped in the center or served in a boat.

The aioli also figures in la bourride, slices of fish stewed and highly seasoned with herbs after the manner of aïgo sau, the broth being thickened with a generous quantity of aioli and then poured over toast, and the fish being served separately.

Ile-de-France

PARISIAN SALAD

(Salade Parisienne)

This is the familiar salad served with most table d'hôtes, whether the prix fixe be 6 francs or 60. It is basically a potato salad, enriched with hard-boiled eggs, spiced with onion and made meaty with snips of veal, tongue or beef muzzel, well peppered and dressed with oil and wine vinegar. In season lettuce is added.

DESSERTS

(*Desserts*)

CUSTARDS

(*Darioles*)

ALMOND DARIOLES

$\frac{3}{4}$ cup blanched almonds	1 teaspoon orange flower water
$\frac{3}{4}$ cup granulated sugar	2 cups milk
$\frac{3}{4}$ cup cake flour, sifted	Puff paste
2 eggs	Butter

Lemon sugar

Pound almonds to a paste with 1 tablespoon of the sugar and rub through a sieve. Combine sugar, flour, eggs, orange water and almond paste in a bowl. Add milk and stir thoroughly. Line six custard cups with thinly rolled puff paste, put a bit of butter in each and fill with mixture. Place cups on a baking sheet and bake about 30 minutes in a moderate oven (350° F.). 5 minutes before removing them, sprinkle tops with lemon sugar. Serve hot or cold. If hot serve with vanilla sauce and omit sugar glazing.

Lemon Sugar: Rub 4 or 5 sugar cubes over a lemon until they are well colored; crush, and use.

ORANGE DARIOLES

Prepare as for almond darioles, flavor with rind and juice of 1 orange and serve with orange sauce.

CUP CUSTARDS

(Petits Pots de Crème)

Being a tasty as well as an economical dessert these cup custards cooked and served in little pots specially made for them are very popular all over France.

VANILLA CUSTARD

(Crème à la Vanille)

1 pint milk	¼ vanilla bean
⅓ cup granulated sugar	3 egg yolks
1 egg white	

Put milk, sugar, and vanilla bean in saucepan and bring to a boil; remove from fire and cool. Beat egg yolks and white together and combine with cooled milk and strain into cups. This amount will fill 4 pots de crème. Place cups in a pan of hot water, reaching ½ their height; cover, place live embers on cover and let custards poach about 15 minutes on back of stove; or place in a moderate oven (350° F.) and bake the same as our custards.

CARAMEL CUSTARD

(Crème au Caramel)

1 cup powdered sugar	1 quart milk
6 eggs	1 cup granulated sugar
2 egg yolks	Grated yellow rind of ½ lemon

Melt powdered sugar in a saucepan over a slow fire until it turns a rich yellow. Remove, turn into a charlotte mold, and let cool. Beat eggs and egg yolks together until creamy. Beat in milk, sugar, and grated lemon, and let stand 10 minutes. Then butter sides of mold and strain custard into it. Place mold on a tripod in a kettle of hot water reaching to ½ its height. Bring water to a boil and set back on cool part of stove to simmer, without boiling. Cover kettle and place hot cinders on

the cover. The custard poaches in this manner for about 45 minutes. Serve cold.

BACCHANALIAN CREAM

(*Crème Bachique*)

1 pint fine white wine	Small piece of cinnamon bark
½ cup granulated sugar	6 egg yolks

Put wine, sugar, and cinnamon into a saucepan, bring to a boil and remove from fire. Beat egg yolks until light-colored. Whip the wine into them a very little at a time. Strain into cups and poach on top of stove the same as for *crème à la vanille*.

ORANGE FLOWER CREAM

(*Crème à la Fleur d'Oranger*)

1 pint milk	1 ladle full of orange blossoms
3 tablespoons granulated sugar	3 egg yolks
1 egg white	

Bring milk and sugar to boil over fire; remove, add blossoms and cool. Beat egg yolks and egg white together and combine with cooled milk. Strain into custard cups and bake or poach.

RUM CREAM

(*Mousse au Rhum*)

1 pint heavy cream	½ cup powdered sugar
½ cup rum	

Put cream in a bowl and place bowl in a pan of chopped ice. Beat cream slowly at first, then increase in swiftness until it is a firm froth. Add sugar, beating constantly. Add rum slowly, and beat 5 minutes steadily. Put in china bowl and set on ice in refrigerator. When wanted to serve drop carefully by spoonfuls on to a cold service plate, piling cream in pyramid form. Serve immediately.

KIRSCH CREAM

(Mousse au Kirsch)

Proceed as for mousse au rhum, substituting kirsch for rum. In the same manner are prepared Maraschino, Cognac and Curaçao mousses, substituting the various liqueurs for rum.

VANILLA SOUFFLE

(Soufflé à la Vanille)

2½ tablespoons butter	6 tablespoons granulated sugar
2½ tablespoons flour	4 egg yolks
1 cup milk	5 egg whites
¼ vanilla bean	Powdered sugar

Bring to a boil with vanilla bean, strain, partly cool. Melt butter in saucepan, stir in flour, gradually add milk, stirring constantly. Beat until smooth and thick, and retire to cool part of stove; beat in sugar and egg yolks until mixture is a very thick smooth cream. Remove, cool, and fold in egg whites, beaten to a stiff froth. Fill a buttered baking dish $\frac{3}{4}$ full and bake 20 minutes in a moderately hot oven (375° F.). Sprinkle lightly with powdered sugar and serve immediately. The French prefer their soufflés tender and creamy and consider 20 minutes sufficient time for baking.

SOUFFLE PRALINE

Grill $\frac{1}{2}$ cup blanched almonds; caramel $\frac{1}{2}$ cup sugar; add almonds and pour on lightly oiled dish to cool. When cold, pound to a praline powder and put through a sieve. Prepare a soufflé as for vanilla soufflé and add praline powder before egg whites are folded in.

SOUFFLE A L'ORANGE

Prepare soufflé as for vanilla soufflé and beat in with egg yolks the thin yellow rind of 1 orange chopped fine with $\frac{1}{4}$ cup powdered sugar.

SOUFFLE AU CHOCOLAT

Melt $1\frac{1}{2}$ squares of unsweetened chocolate over hot water, add 2 tablespoons boiling water and stir until smooth. Make a soufflé the same as for vanilla soufflé, beating in chocolate with egg yolks and sugar.

Normandy

APPLE MARMALADE SOUFFLE

(Soufflé de Pommes à la Normande)

$\frac{1}{2}$ cup whipped cream	1 teaspoon caramel
$\frac{1}{4}$ cup apple marmalade	$\frac{1}{4}$ cup calvados (or applejack)

Mix whipped cream, marmalade, and caramel. Pile on a dish, pour applejack over and light. When flame dies down, add to a soufflé prepared as for vanilla soufflé.

CHOCOLATE MOUSSE

(Mousse de Chocolat)

1 pound unsweetened chocolate	Granulated sugar, finely sifted,
Thin sugar syrup	and vanilla
1 pint thick cream, whipped	(or sucre vanille)

Shave or grate chocolate, melt over hot water, adding a little thin sugar syrup and stirring with a wooden spoon until well incorporated. Pass through a fine sieve; cool. Beat in the whipped cream, a little at a time. Sweeten and flavor with vanilla to taste. (The French cook is sparing with sugar.) Heap mixture to overflowing in a mousse mold, or a pudding mold with tight fitting cover. Lay paraffin paper over and fasten cover securely—it should be further secured against seepage of salt from freezing mixture, by sealing with pastry dough, or lard, and wrapping a wide tape dipped in melted fat around the rim, sealing the juncture of cover and mold. Bury in ice and salt with the top of the mold well above the outlet of ice container, so salt water cannot touch top of mold during freez-

ing. Freeze $3\frac{1}{2}$ -4 hours, renewing ice and salt and discarding salt water when necessary.

(*Sucre Vanille* is made thus: Finely sift granulated sugar. Slit a vanilla bean and cut in pieces. Pour sugar into a mason jar, scattering in the pieces of vanilla bean. Close air tight and leave several days before opening. Two or three tablespoons of *Sucre Vanille* imparts flavor more delicious than $\frac{1}{2}$ teaspoon of vanilla extract.)

At Prunier's, in Paris, the classic mousse de chocolat is considered a fit dessert to follow one of their magnificently cooked fish and sea food dinners. It is served in a very fine, very tall fluted glass, and eaten slowly with a long spoon.

FROZEN CREAM WITH PISTACHIOS

(*Crème Glacée, aux Pistaches*)

$\frac{3}{4}$ cup blanched pistachios	1 pint heavy cream
$\frac{1}{4}$ cup sugar syrup	$\frac{1}{2}$ cup powdered sugar
2 tablespoons maraschino	$\frac{1}{2}$ teaspoon vanilla

Divide each pistachio nut into halves, put in small bowl and cover with syrup and maraschino. Mix well, cover, and let stand 1 hour. Beat cream to a stiff froth, adding sugar and vanilla gradually, and continue beating several minutes after incorporated. Have a mold prepared and chilled in a tub of chopped ice and salt. Put layers of cream into mold by small teaspoonfuls; have liquid drained from nuts and sprinkle them over each layer. Cover, seal, and freeze $1\frac{1}{4}$ hours.

COFFEE PARFAIT

(*Parfait au Café*)

$1\frac{1}{2}$ cups powdered sugar	4 ounces freshly roasted coffee
6 egg yolks	beans (not ground)
1 quart rich cream	1 cup roasted almonds, ground fine

Put sugar, egg yolks, and 1 pint of cream into a basin, stir 2 or 3 minutes until thoroughly mixed and creamy, then cook over boiling water, stirring constantly, until mixture coats spoon. It must not boil. Remove, and immediately add coffee, stirring in well. Place a cloth over basin, cover, and let stand 1 hour to infuse. Whip remainder of cream and put in refrigerator until wanted. Have freezer ready and strain infused mixture into it. Cover, and turn handle briskly in opposite directions for 5 minutes; then remove cover and scrape down sides. Repeat this process twice and cream will be frozen. Drop in whipped cream, a little at a time, mixing it in carefully. Place in a 3-pint mold and leave 1 hour buried in salt and ice. Unmold, roll in almond dust and arrange on serving plate.

Savoy

RASPBERRIES ROMANOFF

(Framboises Romanoff)

1 pint raspberries	$\frac{1}{3}$ cup powdered sugar
$1\frac{1}{2}$ cups heavy cream	$\frac{1}{4}$ cup kirsch

Use only red-ripe raspberries of fine quality. Beat cream to stiff froth, gradually adding sugar and kirsch. Mix lightly with berries, chill, and serve in tall thin glasses.

PEACHES ROYAL

(Pêches à la Royale)

2 cups granulated sugar	1 cup heavy cream
1 cup water	1 cup wild strawberries
$\frac{1}{2}$ dozen fine ripe peaches	2 tablespoons powdered sugar
	2 tablespoons brandy

Boil sugar and water 5 minutes; pare, cut in halves, and cook peaches a few minutes in syrup. Remove, arrange in a glass dish and chill in refrigerator. Have cream and berries chilled. When ready to serve mash berries fine; whip cream to

a stiff froth while gradually adding powdered sugar and brandy; combine lightly with berries and put by spoonfuls over peaches.

PEACH COMPOTE

(*Compote de Pêches au Marasquin*)

½ dozen fine ripe peaches	1 ¼ teaspoons vanilla
Powdered sugar	1 cup maraschino

Peel peaches, cut in eighths, and arrange in layers in a glass compote dish. Sprinkle powdered sugar over each layer with a few drops of vanilla. Pour maraschino over all and set in the refrigerator $\frac{3}{4}$ of an hour before serving.

COMPOTE OF PEARS

(*Compote de Poires*)

8 ripe medium-sized pears	Juice 1 lemon
2 cups granulated sugar	1 cup wine
1 cup water	

Peel pears, do not remove stems and drop in cold water. Place sugar and water in a thick kettle over a slow fire and stir until sugar melts; then drain pears and drop into it. Add lemon juice, cover kettle and cook gently until pears are done. Take up with skimmer and place upright in a compote dish. Add wine to juice in kettle and cook until it thickens; then pour over pears. A small stick of cinnamon may replace lemon if preferred.

APPLES IN BUTTER

(*Pommes au Beurre*)

5 tart apples	Grated rind of ¼ lemon
1 cup granulated sugar	Powdered sugar
½ cup water	2 tablespoons apricot jam
Juice of 2 lemons	2 tablespoons Madeira

Peel, core and quarter apples; place in a buttered basin. Mix sugar and water and let cook 5 minutes over fire to a syrup.

Pour $\frac{1}{2}$ of syrup over apples. Add lemon juice, and rind, and sprinkle heavily with powdered sugar. Cover and let apples simmer gently until tender, but not broken. Remove to serving plate; add apricot and Madeira to syrup in basin and pour over apples.

BRANDIED CHERRIES

(*Cerises à l'Eau-de-Vie*)

Prepare cherries by clipping part of stem and fill a wide-mouthed bottle with them. Pour over cherries as much fine brandy as the bottle will contain. Let stand 3 weeks, then add 1 pound of sugar to each quart of brandied cherries. Stir well, cover, and let stand 2 months before using. Peaches, pears and marrons are brandied in the same manner. Prunes require no sugar and are ready to use in 15 days.

APPLES IN FLAMES

(*Pommes Flammantes*)

8 small apples	Few gratings of lemon peel
1 cup sugar	or small stick cinnamon
1 cup water	$\frac{1}{2}$ cup rum
Powdered sugar	

Pare and core apples. Cook sugar, water and desired flavoring 7 minutes, strain and return to pan. Add apples, cooking slowly while basting frequently with syrup. When tender remove to a fire-proof service dish. Leave syrup on fire to thicken and pour over apples. Powder with sugar, pour over rum and light. Apples must be very hot or the rum will not burn.

PEACHES WITH RICE

(*Pêches à la Condé*)

8 ripe peaches	$\frac{1}{2}$ teaspoon salt
Sugar syrup	3 pints milk
1 pint rice	$\frac{1}{4}$ cup butter

$\frac{3}{4}$ cup granulated sugar	2 eggs
2 or 3 strips of lemon rind	Fresh bread crumbs
4 egg yolks	Powdered sugar
$\frac{1}{4}$ cup maraschino	

Wipe peaches, cut in two, blanch in boiling syrup, remove skins and drain on sieve. Wash rice and put in saucepan with salt and milk. Bring to a boil and add butter, sugar, and lemon peel. Cover, and cook over boiling water 30 minutes. Remove peel and stir in egg yolks. Make a dozen small peach-shaped croquettes of part of the mixture; dip in beaten eggs; roll in crumbs and fry in hot fat. Drain, and roll in powdered sugar. Place remainder of rice on a serving plate, pile peaches in dome-shape over it; add maraschino to peach syrup, reduce to a thick syrup and pour over peaches. Surround with croquettes and serve hot.

GOOSEBERRY PRESERVE, OR BAR LE DUC

(Confitures de Groseilles de Bar)

Remove stems from any desired amount of gooseberries, and with a sharp-pointed goose quill remove the seeds from each berry, being careful not to tear the skin. When prepared, weigh fruit and for each pound take $1\frac{1}{2}$ pounds sugar. Mix 1 cup water with each pound of sugar and cook in a copper or porcelain-lined kettle until syrup will form a firm ball in cold water. Remove any scum that arises and put in gooseberries. Let them boil up once or twice and pour into small glasses. In France special pots are manufactured for these preserves. White currants are prepared in the same manner.

NOUGATS A LA CHANTILLY

$\frac{3}{4}$ pound filberts	$\frac{3}{4}$ cup granulated sugar
Sweetened whipped cream	

Scald nuts, remove skins, and split in quarters. Leave on baking sheet in oven with door open to dry. Place sugar in a heavy saucepan over slow fire and stir until it melts and begins to form bubbles; throw in hot nuts at once and mix carefully. Small molds are oiled and partly filled with this nougat; a small hard wood stick about $\frac{1}{2}$ inch wide being used to press the nougat up the sides of the mold. The nougat must be kept warm while being molded (but not on the stove). When served, turn out of molds, and fill with whipped cream sweetened and flavored to taste.

FRENCH FANCY BREAD

(*Brioche*)

1 yeast cake dissolved in	3 cups sifted flour
$\frac{1}{2}$ cup lukewarm milk	1 cup butter
$\frac{1}{2}$ teaspoon salt	2 tablespoons granulated sugar
	4 eggs

Mix dissolved yeast with $\frac{1}{2}$ cup of flour and salt to a light batter. Cover with a cloth and set in a warm place to rise. Cream butter in mixing bowl, add sugar gradually. Beat in eggs, 1 at a time, and beat 2 minutes after each addition. When yeast is light and spongy add to batter, mix in flour, and knead at least 5 minutes to a smooth dough. Cover with a cloth and let rise in a warm place 3 hours. When doubled in bulk turn out onto floured board, knead it well, then return to bowl, cover, and set in a cool place. At the end of a half hour turn out dough on floured board again. Lay aside $\frac{1}{6}$ of it, and shape remainder into a round loaf. Butter a deep round cake pan, put buttered paper in bottom and lay in loaf. Roll reserved piece into a pear-shape, make an incision in center of loaf and insert the small end. This forms the distinctive and decorative shape of the brioche. Brush top with beaten egg yolk. Place cake pan on a baking sheet and put into a moderately hot oven (375° F.).

As soon as brioche begins to rise (about 15 minutes) cover with buttered paper and bake 1 hour longer. Test with broom straw; if it comes out clean the brioche is done.

SMALL BRIOCHES

Prepare dough as above, set aside 3 ounces of the dough and cut remainder into 12 even pieces; form these with the hand into small balls and put in a baking pan. Divide reserved dough into 12 parts and roll into pear shapes. With a spoon make a cavity in each ball and insert small ends of pear shapes. Let rise 15 minutes, glaze with beaten egg and bake 12 to 15 minutes in hot oven (450° F.). These are eaten with coffee.

BRIOCHE A LA CONDE

$\frac{1}{2}$ cup sweet white wine	2 tablespoons butter
$\frac{1}{2}$ pound mixed candied fruits	1 freshly baked brioche cake
1 cup apricot jam	$\frac{1}{2}$ cup water

Pour wine over candied fruit and steep 1 hour. Heat jam with butter until melted. Cut brioche cross-wise through center, spread lower half with jam and replace top. Add water to fruit, heat to boiling and pour over brioche.

Savoie

SAVOY SPONGE CAKE

(Le Biscuit de Savoie)

4 egg yolks	Grated rind of $\frac{1}{2}$ lemon
$\frac{4}{5}$ cup granulated sugar, sifted	4 egg whites
$\frac{1}{2}$ cup cake flour, sifted	

Beat egg yolks, sugar and grated rind together, until light and creamy. Sift in flour and mix carefully. Beat egg whites until stiff and fold in gently. Butter a round baking tin, lightly powder with sugar, warm slightly and half fill with batter.

Bake about 50 minutes in a moderate oven (350° F.). When done, place on cake cooler before removing from the tin.

Lemon peel, in French, is called "zest" and it is cut much thinner there, so that none of the bitter white pulp adheres to detract from the pungent essence of the oily yellow skin.

SPICE CAKE

(*Pain d'Epices*)

1½ cups butter	½ teaspoon allspice
4 cups pulverized sugar	1 teaspoon grated nutmeg
9 egg yolks, well beaten	½ teaspoon mace
3½ cups sifted cake flour	1 teaspoon (baking) soda
9 egg whites, beaten stiff	1½ cups sour cream
1 teaspoon cinnamon	¼ teaspoon salt

Cream butter and sugar, add egg yolks, well beaten; beat all until light and creamy. Add flour gradually, alternating with ½ of beaten egg whites. Add spices, then gradually beat in remainder of flour and egg whites. Dissolve soda in 1 tablespoon of boiling water, mix this with the sour cream and stir into cake mixture. Turn into a deep buttered cake tin and bake 1 hour in a moderate oven (350° F.).

SMALL CAKES

(*Quatre-quarts*)

4 eggs	Powdered sugar
Butter	Flour
Grated rind of 1 lemon	

Weigh eggs and take equal amounts of weight in butter, powdered sugar, and flour. Beat butter and sugar to a cream, add grated rind and egg yolks and beat until very light; continue beating and add flour. Have the egg whites beaten to a stiff froth and fold in lightly. Turn into small buttered tins and bake 30 minutes in moderate oven (350° F.).

Baked in shell-shaped molds these are the popular little French cakes that please the tourist's palate.

FRUIT CAKE

(*Baba*)

1 yeast cake	½ cup cream
4 tablespoons lukewarm water	½ cup butter
2 cups sifted flour	4 tablespoons Madeira
3 tablespoons powdered sugar	½ teaspoon salt
4 eggs	4 tablespoons raisins
4 tablespoons currants	

Dissolve yeast in water and stir in $\frac{3}{4}$ cup of flour; beat to a smooth batter, cover with a cloth and put in a warm place to rise (about 30 minutes). Sift remainder of flour into a bowl, add sugar, eggs, cream, butter, wine and salt, and beat 5 minutes. When yeast batter has doubled in bulk combine the two mixtures and beat another 5 minutes. Cover, and let rise until mixture has doubled in bulk, about 1 hour, then work in fruit. Butter a 3-pint mold, fill $\frac{3}{4}$ full with mixture and let rise 20 minutes. Bake 1 hour in moderate oven (350° F.).

The cake may be iced or dressed with the following:

2 cups water	½ cup sherry
1 cup sugar	¼ cup curaçao
1 tablespoon lemon juice	1 cup assorted candied fruit

Mix water, lemon juice and sugar and boil 3 minutes; remove from fire and add sherry and curaçao. Cut baba in halves cross-wise and remove top piece to a flat dish with cut side up. Fill this evenly with the syrup, let stand 2 or 3 minutes, then replace over lower half. Arrange on service plate and decorate top with candied fruit.

SAVARIN

This cake, named for Brillat-Savarin, is made like the baba without the addition of fruits and soaked in a sugar syrup

flavored with kirsch, or any desired flavor. It is usually garnished with whipped cream or a marmalade of fruits.

LITTLE CAKES OF LISIEUX

(Gâteaux de Lisieux)

½ cup butter	½ cup almonds, ground
1½ cups cake flour	¾ cup powdered sugar
1 egg white	1 egg yolk
1 teaspoon vanilla	Granulated sugar

Work butter into flour until mixture reaches the consistency of coarse meal. Add egg white, vanilla, almonds and sugar. Knead to a smooth round piece of dough. Wrap in paraffin paper and set in refrigerator over night. In the morning roll out dough ½ inch thick, cut into rounds, brush with beaten egg yolk and sprinkle with sugar. Bake 10 to 15 minutes in a moderately hot oven (375° F.).

LADY FINGERS

(Biscuits à la Cuillère)

5 eggs	1 cup cake flour
1 teaspoon grated lemon rind	1 cup powdered sugar

Put egg yolks, grated rind and sugar into a bowl and beat thoroughly for 5 minutes. Beat egg whites until stiff but not dry. Add flour, sifted 3 times and mix gently; then add egg whites. Beat 1 minute and put in a pastry bag. Squeeze out in strips 4 inches long and 1 inch wide on a baking sheet covered with heavy paper. Dredge with powdered sugar and bake 15 minutes in a moderate oven (350° F.). Remove paper when cool.

These lady fingers are a specially appropriate accompaniment for dessert wines, haut sauternes or champagne.

DAINTY MOUTHFULS

(Bouchées de Dames)

Put in to pastry bag with tube $\frac{1}{2}$ preparation for lady-fingers. Butter and flour a baking sheet, and squeeze out about 50 small macaroon shapes. Dust with powdered sugar and bake 12 minutes in moderately hot oven (375°F.). Let cool; remove from pan and lay upside down on table. Make a half-inch cavity in center of each with a sharp knife and fill with any preferred cream filling. Put together in pairs to enclose cream and spread with following:

CHOCOLATE GLAZE: Put 1 cup granulated sugar, 1 cup water and 8 ounces grated chocolate in saucepan over fire, stir to a smooth syrup and cook until syrup will spin a thread at tip of spoon. Remove and use.

GATEAU DE MADELEINE

Prepare batter as for Quatre-quarts, with the exception of the egg whites, which should be slightly beaten. Put in small individual molds and bake 45 minutes in moderate oven.

These are the popular little French cakes, baked in special shell-shaped molds, that so frequently please the tourist's palate. They are thought to have originated in Strassburg, but so long ago that no proof is available.

MACAROONS

1 pound blanched almonds, including a few bitter ones, all ground	Grated peel $\frac{1}{2}$ lemon, yellow rind only
3 cups powdered sugar	$\frac{1}{8}$ teaspoon salt
1 tablespoon citron, chopped	$\frac{1}{2}$ teaspoon vanilla
1 tablespoon orange peel, chopped	1 tablespoon lemon juice
	6 egg whites
	Candied fruit, chopped, or jelly

Mix ground almonds, $2\frac{1}{2}$ cups powdered sugar, citron, orange and lemon peel together. Flavor with salt, vanilla and lemon juice. When thoroughly incorporated lightly fold in beaten egg whites. Shape in rounds with spoon on a buttered, lightly floured baking sheet. Make a depression in center of each with finger tips, sprinkle the last $\frac{1}{2}$ cup sugar over and let stand $\frac{1}{2}$ hour. Bake in moderately hot oven (375° F.). Place a candied cherry, other chopped candied fruit or jelly in the depression in the centers. Cool and serve.

Although France borrowed the macaroon from her southern neighbors she added her culinary genius to it, especially in garnishing with fruits and jellies, making the macaroon almost a nougat. And besides that she classified them into secs, parfaits and fins; those of Amiens, (with apple jelly) St. Emilion, Bayonne and Touraine being the most exquisite.

BOILED PUFF PASTE

(*Pâte-à-Chou*)

1 cup hot water	$\frac{1}{4}$ cup butter
$\frac{1}{8}$ teaspoon salt	1 cup flour
4 eggs	

Put water, salt, and butter in saucepan over fire and bring to a boil. When it boils drop in sifted flour immediately and stir briskly until dough no longer clings to bottom of pan. Remove from fire, and stir in eggs, one at a time, beating 2 minutes between each addition. Use for the recipes which follow.

CREAM PUFFS

(*Chou à la Crème*)

Prepare a pâte-à-chou and drop by spoonfuls onto a buttered baking sheet in 6 round cakes, about 2 inches high and slightly raised in center. Bake in a hot oven (425° F.) until no

moisture shows on puffs. (They should be golden in color.) Let cool 30 minutes, then make an incision at one side with scissors; fill with sweetened and flavored whipped cream, and close. Sprinkle with powdered sugar.

ECLAIRS

Prepare a *pâte-à-chou*; put in pastry bag with tube, and press out on buttered baking sheet in the shape of lady fingers. Bake 20 minutes in hot oven. Remove; and when cool, open at one side and with a spoon fill interiors with any desired cream filling, glaze with chocolate, vanilla, coffee or any frosting desired.

Of the whole category of French pastries, *éclairs* are perhaps the most typical. They take the place of our sundaes or malted milk mixtures for a quick lunch, with a cup of coffee or chocolate.

PUFF PASTE

(*Pâte Feuilletée*)

1 $\frac{2}{3}$ cups butter

1 teaspoon salt

3 $\frac{1}{2}$ cups flour, sifted

1 cup ice water

Knead butter in cold water to remove salt, press into a flat square, dry, and place on ice to harden. Sift flour into mixing bowl, make hollow in center and put in 2 tablespoons butter, salt, and ice water. Gradually work to a soft, smooth dough and knead 5 minutes on floured board. Cover, and set on ice 15 minutes. Then turn on floured board again, roll out to a sheet about $\frac{1}{2}$ inch thick and lay butter in center. Fold over the 4 corners to enclose it (this is called 1 turn); then flatten lightly with roller until dough is about 2 inches thick and again set on ice for 15 minutes. Return to board, roll out lengthwise, fold in 4 laps (second turn) and let cool 15 minutes. Repeat this operation twice more, folding in 4 laps and rolling each time in a contrary direction, making 4 "turns" in all. A 5 minutes' rest and it is ready to use. Dough must be kept firm

and cool during entire process, and baked when finished or it will fail to rise. Rolled to $\frac{1}{4}$ inch thickness it will rise to 2 inches when baked. It is used to make vol-au-vent, small cakes and all sorts of tarts.

A THOUSAND FLAKES

(*Mille-Feuilles*)

Roll out 1 pound of puff paste and divide into 5 equal parts. Roll each piece into an oblong 4 inches by 12. Place them on a baking sheet, sprinkle with a little powdered sugar and bake 10 minutes in a hot oven (400° F.). Remove, and form a cake by putting these oblongs one on top of the other with layers of different colored preserves between. Cut the cake into 6 equal portions and decorate with whipped cream.

MATCHES

(*Allumettes*)

Roll out puff paste into a thin square sheet. Cut in strips $\frac{3}{4}$ inch wide and 3 inches long. Place on a buttered and lightly floured baking sheet, a little distance apart. Bake in hot oven and sprinkle with powdered sugar.

Normandy

ROUEN CREAM TARTS

(*Mirlitons de Rouen*)

Puff paste	3 ounces granulated sugar
3 eggs	$\frac{1}{4}$ teaspoon salt
2 tablespoons melted butter	1 ounce stale lady fingers
$\frac{1}{2}$ ounce candied orange flowers	

Have ready 2 dozen small deep patty pans lined with thinly rolled puff paste. Then put eggs and butter into a bowl with a spout. Crush lady fingers and bruise blossoms. With a wooden spoon stir all together to a creamy batter, then pour at

once into the lined tins. Sift sugar rather thickly over mirlitons; when it has nearly melted on the surface, put in a moderately slow oven (325° F.), and bake a delicate brown. When done the centers should rise about $\frac{1}{2}$ inch high.

Pounded almonds, pistachios, or grated chocolate may be added to the cream before turning into tins. Cream may be flavored with different extracts or liqueurs.

ALMOND TART (*Gâteau d'Amandes*)

Roll out a thin sheet of puff paste, cut from it a round piece, the size of a dinner plate. With thumb and forefinger pinch a small rim about $\frac{1}{2}$ inch high and $1\frac{1}{2}$ inch inside of the edge of paste. Nearly fill with almond cream inside of ledge. Wet the edge. Cut out another smaller round to fit top, make a few incisions, and place over cream, pinching the two edges together. Brush over with a beaten egg and bake 30 minutes in a hot oven. Sprinkle with granulated sugar and glaze. Serve cold.

Lorraine

CHEESE TARTLETS (*Talmouses*)

1 cup milk	1 cup pastry flour, sifted
$\frac{1}{4}$ cup butter	6 tablespoons cottage cheese
$\frac{1}{4}$ cup granulated sugar	3 eggs
Grated rind of $\frac{1}{2}$ orange	Pinch of salt
Puff paste	

Bring milk, butter, sugar and orange rind to a boil. Add flour, stirring constantly for 2 or 3 minutes. Remove from fire, add well-drained cheese, and the eggs, one at a time. Add salt. Roll puff paste about $\frac{1}{8}$ inch thick, cut out 2-inch rounds and place on a baking sheet 1 inch apart. Put in center of each a

spoonful of mixture, moisten edges and turn over in shape of a three-cornered hat. Brush with beaten egg and bake to a delicate brown in a hot oven (400° F.). Dust with sugar and serve hot or cold. These tartlets may also be filled with frangipani.

APPLE TART OF ARTOIS

(*Pommes à l'Artois*)

½ pound puff paste	Currant jelly
Apple marmalade	1 egg yolk, beaten
Powdered sugar	

Roll out ½ of paste into a thin square sheet. Spread marmalade with a little jelly over it ½ inch thick and ½ inch from edge. Roll out remaining half into a sheet the same size. Hold it on the rolling pin and lay over marmalade; wet edge of lower sheet and press the two edges together. Brush with egg yolk, beaten with a little water. Make a few lengthwise incisions with sharp knife in top crust, and powder with sugar. Put on a baking sheet and bake about 30 minutes in a moderately hot oven (350° F.).

SHORT PASTE FOR PIES

(*Pâte Brisée*)

1½ cups flour	½ cup butter
½ teaspoon salt	½ cup ice water

Sift flour with salt, work butter in lightly with fingertips, add ice water and mix thoroughly, pat into loaf, wrap in wax paper and chill 1 hour or more in refrigerator before using.

GRAPE TART

(*Tarte à la Fontainebleau*)

Prepare and bake a pie shell, baste with thick sugar syrup and dry in warming oven. Cover a pound of white grapes with 1½ cups powdered sugar and 4 tablespoons of sweet white wine.

Toss a little and allow sugar to melt to a syrup. Fill crust and serve.

STRAWBERRY TART

(*Tarte aux Fraises*)

Pour a cup of thick sugar syrup over a cup of strawberries and allow to stand 2 hours. Prepare and bake a pastry shell; brush it well with sugar syrup and dry in the warming oven; cool; fill with a layer of large ripe strawberries and strain the strawberry syrup over them.

WONDERS

(*Merveilles*)

2 cups butter	1 teaspoon soda
2 cups granulated sugar	1 teaspoon cinnamon
6 eggs, beaten well	3½ cups sifted cake flour
½ cup milk	¼ cup powdered sugar

Cream butter and sugar, stir in eggs, add milk, soda and cinnamon, stir thoroughly and work in flour to a smooth dough. Roll out into thin sheets cut into narrow strips, twist into fancy shapes, and drop into deep boiling fat. When a rich mahogany color, remove, drain on brown paper, and dust with powdered sugar.

FRITTER BATTER

(*Pâte à Frîre*)

1 cup boiling water	1 tablespoon brandy
1 teaspoon olive oil	3 egg yolks, beaten
1 cup flour	⅛ teaspoon salt
3 egg whites beaten to a stiff froth	

Pour boiling water into a basin and beat into it the oil, flour, brandy and beaten egg yolks, being careful that no lumps form; add beaten whites last. A little more water may be added if necessary. The batter must be of the proper consistency to coat fruit when immersed in it.

FRITTERS BLENDED

(Beignets à la Alliance)

4 apples	Peach marmalade
4 tablespoons of sugar	20 peach halves
½ cup brandy	Powdered sugar

Core, peel, cut apples crosswise into 5 slices and let steep ½ hour in sugar and brandy. Drain and spread on a cloth. Run a teaspoon of marmalade around center of each slice of apple, lay a peach-half over, press together and dip into fritter batter. Fry crisp and light brown. Powder with sugar, glaze quickly in hot oven and serve.

FLOWER OF ACACIA FRITTERS

(Beignets d'Acacia)

2 egg whites	4 tablespoons brandy
½ cup powdered sugar	2 cups acacia blossoms

Beat egg whites with sugar and brandy; select tender fresh acacia flowers (elderberry blossoms are equally good) and put into a bowl with the beaten mixture. Cover and let flowers steep ½ hour. Dip them by spoonfuls into fritter batter and fry to a golden brown. The batter must be thick enough to coat flowers with 1 immersion. Drain on brown paper and sprinkle with powdered sugar.

SOUFFLE FRITTERS

(Pets de Nonne)

1 pint water	1 cup flour
3 tablespoons butter	1 tablespoon sugar
¼ teaspoon salt	4 or 5 eggs
1 coffee-spoon orange flower-water	

Put water, salt and butter in saucepan over fire and bring to a boil; immediately drop in flour and stir briskly until dough

forms a ball in pan. Remove from fire, stir in eggs 1 at a time, and beat 2 minutes between each addition. Add sugar and flower-water last. Drop by spoonfuls into hot deep fat. Cakes should brown on one side, and rise to top of fat; turn, and brown on other side; remove, and drain on brown paper. Fat must not be too hot or cakes will brown before they puff out; and if not hot enough, they will absorb the fat. Test by dropping in a bread cube. If it browns in 60 seconds, the fat is of the right temperature.

This recipe was originated at Baumes-les-Dames Abbey over two centuries ago and some version of it is found today in nearly every city of the world.

FRENCH PANCAKES

(*Crêpes*)

1½ cups sifted flour	2¼ tablespoons powdered sugar
3 eggs	1 cup milk

Sift flour into mixing bowl. Break eggs in center, add sugar and mix well with wooden spoon. Add milk slowly and beat 4 or 5 minutes to a smooth batter. Butter a griddle or frying pan, heat, and pour in about ¼ cup of batter, cook 2 minutes on each side, sprinkle generously with powdered sugar and serve hot. This quantity makes about 12 pancakes.

Pancakes may be spread with currant jelly, rolled, powdered with sugar, and glazed under broiler. French pancakes with apple, apricot, peach, plum, pineapple, strawberry or raspberry jelly are prepared the same.

EVERYDAY PANCAKES

(*Crêpes de Ménage*)

4 eggs	1½ cups flour, sifted 3 times
¼ teaspoon salt	2 tablespoons brandy
¼ cup olive oil or melted butter	Sweet butter for frying
2 tablespoons thick cream	Powdered sugar

Beat eggs with salt, oil and cream until light and frothy. Sift flour into mixing bowl, make well in center and put in liquid. With a wooden spoon work in the flour, a little at a time, until a smooth batter is obtained; then add brandy. Put 1 tablespoon of butter in hot frying pan and drop in 2 tablespoons of batter. It should spread to cover bottom of pan, cook a moment, turn and cook another moment and slide on to a hot plate and powder well with sugar. Pile the crêpes, 1 above another, as finished, and serve hot.

PANCAKES WITH PEACHES

(Crêpes à la Pêche)

1 cup sifted flour	3 eggs
¼ cup granulated sugar	3 egg yolks
¼ cup melted butter	Milk
½ cup almond macaroons, powdered	Cooked peaches, finely sliced

Put ingredients, except milk and peaches, into mixing bowl, and combine with an egg-beater. Then add enough milk to give mixture the consistency of flour batter. Butter 2 small frying pans, and make several thin pancakes. Put on a cloth and spread with peaches, well drained. Roll them, one by one, sprinkle with powdered sugar and lay on a baking sheet. Put under a hot grill and glaze to a nice color. Serve in circle on hot dish with more of the peaches and some of the juice in center.

CREPES A LA MARRON

Prepare pancake batter as for peaches and make a number of slightly browned thin pancakes. Spread some sweetened purée of chestnuts mixed with a glass of maraschino over each one; roll, powder with sugar, glaze and serve.

CHOCOLAT AU RHUM

Stamp out 6 thin slices of stale bread into macaroon shapes; toast a delicate brown, and sprinkle each round with a few drops of rum. Melt 4 ounces of unsweetened chocolate over hot water with $\frac{1}{4}$ cup hot rum and $\frac{2}{3}$ cup granulated sugar. Stir until smooth and cover toast with it. Let cool, then reheat and serve hot.

DISTINCTIVE DISHES

A SELECTION OF DISTINCTIVE DINNER DISHES FROM A PARISIAN MENU

Potages: Bisque d'écrevisses

Julienne aux pointes d'asperges

Potage à la reine au lait d'amandes, avec biscottes

Consommé de volaille

Relevés: Brochet à la Chambord

Dinde aux truffes

Turbot

Culotte de bœuf au vin de Madère, garnie de légumes

Entrees (the Chef's Own Art):

Aspic de filets mignons de perdreaux

Jardinière

Filets de poularde, piqués aux truffes

Perdreaux rouges au fumet

Filets de mauviette sautée

Scaloppes de poularde, au veloute

Filets de lapereaux, en turban

Vol-au-vent à la financière

Ailerons piqués, à la chicorée

Poulets de grains au beurre d'écrevisse

Filets mignons, piqués de truffes

Grosses Pièces: Truit, pâté de foie gras, jambon glacé

Plats de Rôt: Faisan, éperlans, bécassines, soles

Entremêts: Une jatte de blanc-manger, miroton de pommes, asperges en branche, truffes à la serviette, cardons à la moelle, soufflé à la vanille, gelée d'orange

Desserts: Flan aux marrons, soufflé Dauphinois au Potiron, Savarin à la Parisienne, omelette Normande.

Such a selection of exquisite dishes can be seen on the everyday menu of a dozen of Paris's finest restaurants, and even the humblest eating places feature one or another of them as their plat de jour (dish of the day). Each has its own original entrees and tarte de maison, as well. This is made possible only because the choicest of foodstuffs, as well as the finest of wines, flow into Paris from every provincial corner and colonial possession, Algiers and Corsica nearby, Martinique and Tahiti, halfway around the world.

The main market of Paris, Les Halles, is beyond doubt the best stocked in the world. Live fish, lobsters and eels in tanks, truffles, mushrooms and morels, any luxury you fancy, be it Beluchistan caviare, bar-le-duc or white truffles. In the vast meat halls prime meats and game, ranging from capons to boar's head, sausages of an ingenuity almost teutonic.

But these are bought up for the elite and the morning throngs of Parisians jostle each other in filling their baskets with the giblets, tripe, lungs, pigs' hearts, parts that we in our wastefulness throw away. Yet every basket is gay with a bouquet of flowers and cheerful with mushrooms peeping out over the edge, since the Capital itself supplies the whole nation with champignons grown right under the city, in the deserted catacombs. Wherever you travel, from Nice to Strasbourg you get the standardized champignons de Paris.



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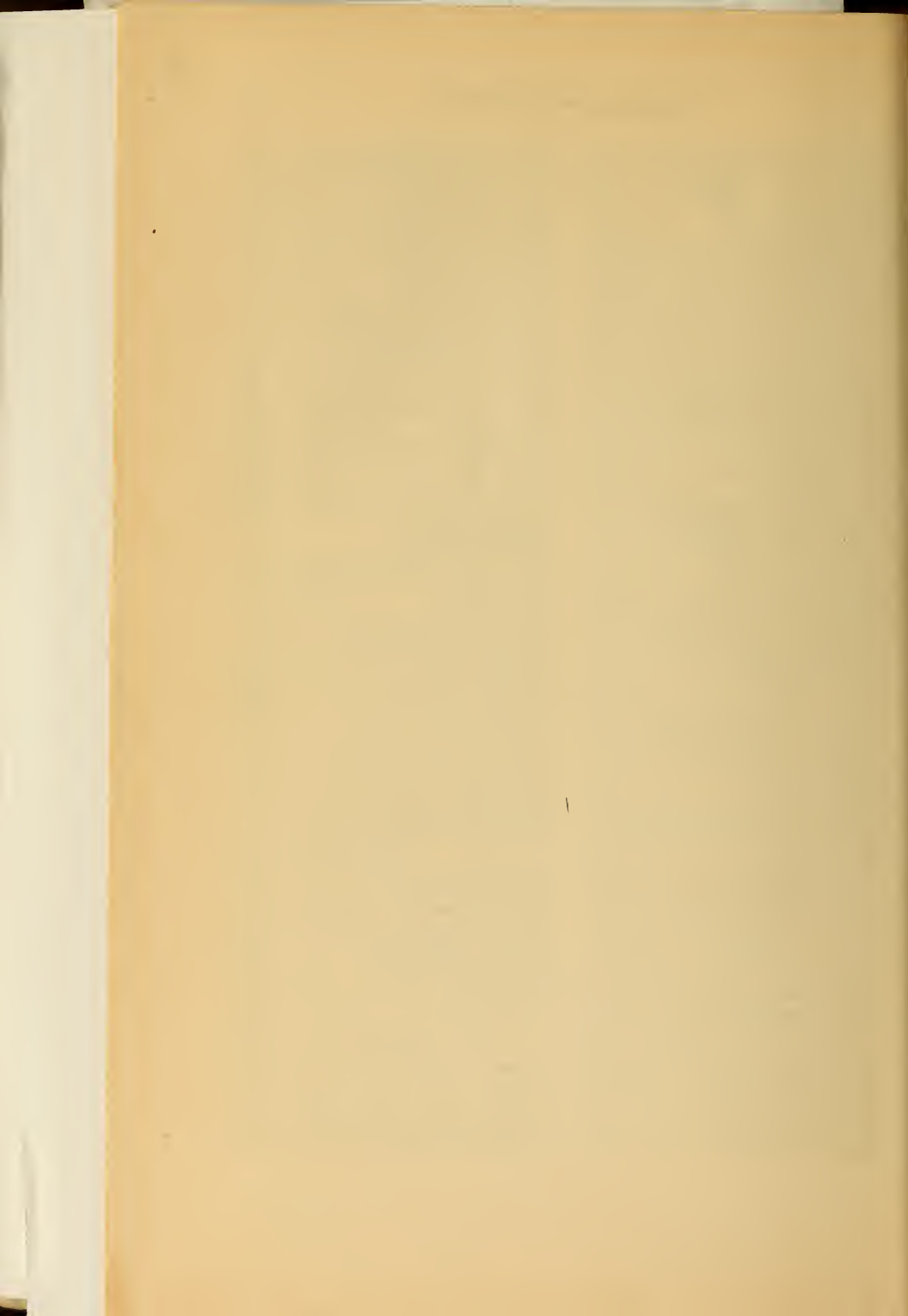
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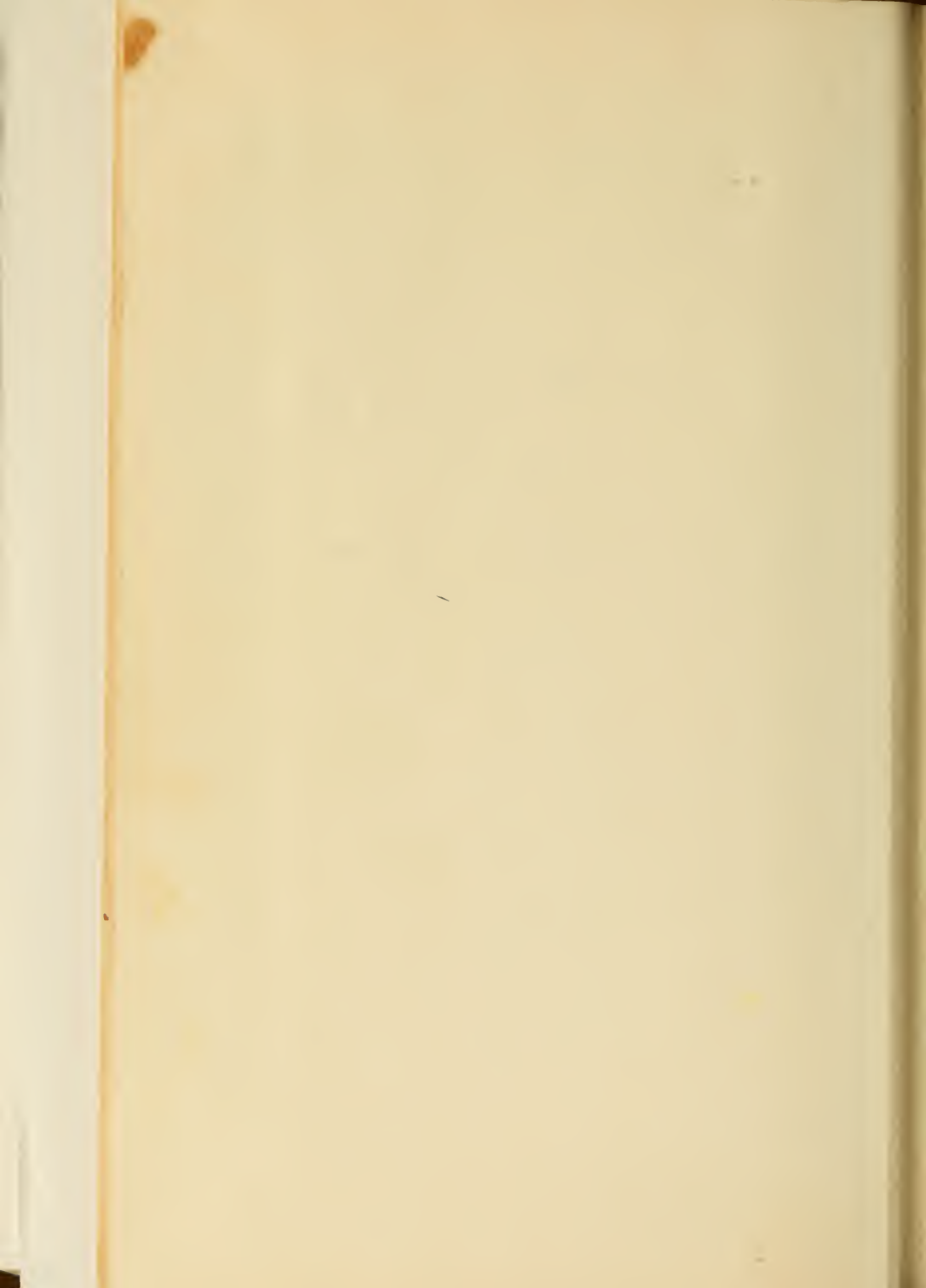
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